



# Fresh Steps

## Meal System

HOTBASE RECIPES







## Introduction

Our Meal Starters serve as the foundation for any meal- they contain essential vitamins, minerals and an appropriate balance of protein, carbohydrate and fats. Our Smoothie, Soup, Pasta and Egg Meal Starters truly are your kitchen training wheels. Simply pair with fresh ingredients as part of any recipe to create a healthy portion-controlled meal to leave you satisfied. Although the foundation of your meal, Meal Starters are only part of the story. It is the grocery ingredients and spices that you pair which round out a balanced meal.

## Superfoods

While the addition of fresh ingredients, specifically fruits and vegetables, are of critical importance, so too is the type of produce selected. Eating a diet rich in vitamins, minerals and antioxidants is an important habit of a healthy lifestyle. Nutrient-dense foods or **superfoods** not only make you feel great, but they may even reduce your risk of certain chronic health conditions while providing multiple health benefits. For this reason, we have highlighted the **superfoods** part of each recipe to keep you informed! While there are many foods that can be described as super, it is important to understand that there is no single food that holds the key to good health or disease prevention. The key instead lies with a nutrient dense diet filled with delicious ingredients highlighted in these recipes!



# Hot Base Recipes

## Buffalo Cauliflower

### INGREDIENTS

- 1 serving Hot Base Meal Starter
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 dash Pepper, black
- 0.25 tsp Morton Iodized Salt
- 0.5 head, large (6-7" diameter) Cauliflower, raw
- 0.25 cup Wheat flour, white, all-purpose, unenriched
- 2 tbsp Sweet Baby Ray's Marinade & Sauce Buffalo Wing Sauce
- 1/2 cup water

### DIRECTIONS

- 1 Cut your cauliflower head in half. Chop half into florets and set the other half aside.
- 2 In a bowl add your Hot Base Meal Starter, Garlic Powder, Onion Powder, Black Pepper, Salt and flour.
- 3 Whisk in water until mixture is smooth.
- 4 Add cauliflower florets to the mixture. Gently stir coating your florets evenly.
- 5 Add tin foil to the bottom of your air fryer (to catch run off) and spray basket with nonstick spray. Place florets in the air fryer.
- 6 Cook on 400 degrees for 30 min, flipping cauliflower at the 15 minute mark.
- 7 When crispy remove from the air fryer and place in a bowl. Coat in your favorite buffalo sauce and enjoy.



**Nutrition: Calories: 193 • Fat 4.1G • Total Carbs 28.2g • Fiber 7.4g • Sugar 4.2g • Net Carbs 20.8g Protein 15.1g**

**19% Fat, 25% Carbohydrate, 31% Protein**



**Super Food:** Cauliflower is a great source of fiber which feeds the healthy bacteria in your gut to help reduce inflammation and promote digestive health. Fiber thus can prevent digestive conditions like constipation, diverticulitis and inflammatory bowel disease (IBD).



### Chicken Fajitas Bake

#### INGREDIENTS

- 1 serving Hot Base Meal Starter
- 1 tbsp olive oil
- 6 boneless skinless chicken breasts (cut into 2in pieces)
- 1 Large Yellow Bell Pepper, cut into strips
- 1 Large Red Bell Pepper, cut into strips
- 1 Large Green Bell Pepper, cut into strips
- 1 Small Onion, cut into strips
- 1 pouch 25% Less Sodium Taco Seasoning
- 1 cup Sour Cream, reduced fat
- 4oz Fat Philadelphia Cream Cheese
- 1.5 cup Cheddar Cheese, shredded

#### DIRECTIONS

- 1 Preheat the oven to 350 degrees F. Over medium heat sauté the chicken in olive oil until chicken is done. Remove from the skillet and set aside.
- 2 Add onions and peppers and sauté until tender.
- 3 Add chicken back to the pan stir in Hot Base Meal Starter, taco seasoning, sour cream, and cream cheese. Mix well.
- 4 Sprinkle cheddar cheese and bake in the oven for 20 minutes or until the cheddar cheese is bubbly.
- 5 Serve and enjoy! Optional toppings include avocado, guacamole, sour cream or salsa.



**Nutrition: Calories: 442 • Fat 20.8g • Total Carbs 10.5g • Fiber 1.5g • Sugar 2.5g • Net Carbs 9g Protein 50.4g**

**42% Fat, 9% Carbohydrate, 46% Protein**

**Super Food:** Eating a variety of bell peppers not only makes your plate pretty but provides an excellent source of vitamin A, vitamin C and potassium. They also contain fiber, folate and iron.



### Cauliflower Pizza Crust (8 servings of 1 slice)

#### INGREDIENTS

- 1 Large Cauliflower
- 1 Hot Base Meal Starter
- 2 Large Eggs
- ½ cup Mozzarella Cheese, shredded
- 2 tbsp Parmesan Cheese
- 1 tablespoon Italian seasoning
- 1 pinch of Salt
- 1 pinch of Black Pepper

**Super Food:** Cauliflower is a good source of choline, an essential nutrient, that must be obtained through your diet. It impacts liver function, healthy brain development, muscle movement, your nervous system and metabolism.

#### DIRECTIONS

- 1 Preheat the oven to 425 degrees F. Line a 15in by 10in baking sheet with parchment paper and set aside.
- 2 Roughly chop cauliflower into florets. Add the florets into a food processor and pulse until finely ground.
- 3 Transfer the pulsed cauliflower into a microwave bowl. Place into the microwave for 4-5 minutes or until softened. Let it cool.
- 4 Using a clean dish towel or cheese cloth, drain cauliflower completely, removing as much water as possible.
- 5 Transfer cauliflower into a large bowl. Stir in eggs, mozzarella, Parmesan, Hot Base Meal Starter, Italian seasoning and season with salt and pepper.
- 6 Spray your parchment lined baking sheet with nonstick cooking spray and spread out the cauliflower mixture. Bake in the oven for 12-15 minutes or until golden.
- 7 Remove from the oven and top with your favorite pizza toppings.



**Nutrition: Calories: 86 • Fat 4g • Total Carbs 6.4g • Fiber 3g • Sugar 2.1g • Net Carbs 3.4g Protein 8g**

**42% Fat, 30% Carbohydrate, 37% Protein**



## Everything Bagel Crackers (4 servings of 10 crackers)

### INGREDIENTS

- 1 pouch of Hot Base Meal Starter
- 1 cup Almond Flour
- 3 tbsp water
- 1 tbsp ground flaxseed
- ½ tsp ground sea salt
- 1 tbsp Everything But The Bagel Sesame Seasoning Blend

**Super Food:** Almond flour is high in Vitamin E which helps prevent free radical damage that can accelerate aging and increase risk of cancer. Vitamin E has also been linked to lower rates of heart disease and Alzheimer's.

### DIRECTIONS

- 1 Preheat the oven to 350 degrees F
- 2 Add Hot Base Meal Starter, almond flour, water, ground flaxseed and a pinch of salt into a medium sized bowl and stir together until the mixture turns into dough.
- 3 Place the dough on a piece of parchment paper. Cover it with a second piece of parchment. Pat it out with your hands and then use a rolling pin to roll out the dough. You'll want the dough to get pretty thin - about an inch thick. Try to form the dough into a rectangular shape.
- 4 Once the dough is rolled out, remove the top sheet of parchment and sprinkle with Everything But the Bagel Seasoning over the dough. Use your hands to press the seasoning down to help it stick.
- 5 With the top of the parchment removed use a pizza wheel or knife to cut the dough into small squares about ½-1 inch.
- 6 Move parchment paper onto a baking sheet and bake for 20-25 min or until the crackers turn golden brown and crispy. The pieces on the outer edges will get brown faster than the center pieces. You can transfer those that are golden to a cooling rack and put the pan back in the oven to bake remaining crackers.
- 7 Let the crackers cool completely, either on the baking sheet or on a cooling rack. Enjoy immediately after cooling and place leftover crackers in an airtight bag or container for later.



**Nutrition: Calories: 213 • Fat 16.3g • Total Carbs 7.8g • Fiber 4.3g • Sugar 1g • Net Carbs 3.5g Protein 11g**

**69% Fat, 15% Carbohydrate, 21% Protein**





# Fresh Feels Fantastic!



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We cannot wait to see your delicious meals!