



LINDSEY Mutchler

FITNESS

BUILD STRENGTH X MOVE FORWARD

Healthier Fruit Pizza

Ingredients

- 1 cup whole wheat flour
- $\frac{3}{4}$ cup old fashioned oats
- $\frac{1}{2}$ tsp cinnamon
- 1 tsp baking powder
- $\frac{1}{3}$ cup light brown sugar
- $\frac{1}{3}$ cup vegetable oil
- 1 tsp vanilla extract
- 1 egg
- $\frac{3}{4}$ cup plain nonfat greek yogurt
- 3 oz light cream cheese
- 1 tablespoons maple syrup
- 1 kiwi sliced
- $\frac{1}{2}$ banana sliced
- 1 pint blueberries
- 1 pint strawberries
- 1 pint raspberries



Directions

1. Preheat oven to 350 degrees and line a baking pan (round if you have it) with parchment paper
2. In a large bowl combine flour, oats, cinnamon and baking powder. In separate bowl combine egg, brown sugar, vanilla and vegetable oil
3. Combine wet to dry and stir completely
4. Pour batter onto the pan and spread out into even circle. Bake for 10 minutes or until it is golden brown
5. In a bowl combine greek yogurt, cream cheese and maple syrup. Allow the crust to cool then spread mixture evenly and top with sliced fruit.
6. Serve in pizza cut slices!

Cheesy Chicken Enchilada Meatloaf Muffins

Ingredients

- $\frac{1}{2}$ cup white or brown rice (cooked)
- 4 cloves garlic
- $\frac{1}{2}$ cup finely chopped onion
- 1 red bell pepper diced
- 1 teaspoon olive oil
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- Few dashes of hot sauce
- $\frac{1}{2}$ cup chopped cilantro
- Salt and pepper to taste
- $\frac{3}{4}$ cup red enchilada sauce
- 1 pound ground chicken
- 1 egg
- $\frac{2}{3}$ cup reduced fat shredded mexican blend or colby jack cheese



Directions:

1. Preheat oven to 350 and spray 12 cup muffin tin with cooking spray
2. Cook rice or measure out $\frac{1}{2}$ cup already cooked rice
3. Heat olive oil in a medium high skillet then add garlic, onion and bell pepper. Once they have softened transfer to large bowl to cool
4. Add cooked rice, cumin, oregano, chili powder, hot sauce, cilantro, salt and pepper and $\frac{1}{2}$ of enchilada sauce
5. Next stir in ground chicken, egg and $\frac{1}{4}$ cup of the cheese. Make sure everything is combined evenly
6. Scoop and transfer even amounts to each of the 12 muffin cups
7. Bake for 25-30 minutes. Remove from oven and spoon on top remaining enchilada sauce and cheese
8. Place back in the oven for 3-5 minutes until the cheese melts. Make sure muffins are cooked through before removing
9. Serve with a side salad for a complete meal!