



### **Cinnamon Streusel Dessert Pizza**

8 servings. Ready in 35 min.

#### Ingredients

6 tablespoons dairy-free buttery spread (soy-free), 3.2 oz  
ground cinnamon, 0.3 oz  
1/2 cup 100% pure stevia extract, 4.1 oz  
1 cup powdered stevia sweetener, 4.1 oz  
1 cup all-purpose flour, gluten free, 4.3 oz  
unsweetened almond milk, dairy free, 1.1 oz

#### Instructions/Preparation

Preheat your oven to 350F and grease a pizza pan.

Stretch the pizza dough to fit the pizza pan, making the dough as even as possible.

Combine the flour, sweetener, and cinnamon in a bowl. Cut in the buttery spread with a pastry cutter or fork until the mixture resembles coarse crumbs.

Evenly spread the streusel mixture over the pizza crust.

Bake for 20 to 25 minutes or until the crust is golden brown.

Remove from the oven and let cool slightly, still in the pan, on a cooling rack.

For the Glaze, whisk together the powdered sugar and milk until it is smooth. Drizzle the glaze over the warm pizza.

Cut the pizza into eight wedges to serve alongside strawberries or your favorite fruit.



<b>Food</b>	<b>Energy/re c</b>	<b>Protein/r ec</b>	<b>Fat/re c</b>	<b>Carbs/re c</b>
6 tablespoons dairy-free buttery spread (soy-free), 3.2 oz	524.7 kcal	0.1 g	58.2 g	0.1 g
ground cinnamon, 0.3 oz	19 kcal	0.3 g	0.1 g	6.2 g
1/2 cup 100% pure stevia extract, 4.1 oz	0 kcal	0 g	0 g	114.8 g
1 cup powdered stevia sweetener, 4.1 oz	0 kcal	0 g	0 g	114.8 g
1 cup all-purpose flour, gluten free, 4.3 oz	421.4 kcal	6 g	0 g	96.3 g
unsweetened almond milk, dairy free, 1.1 oz	3.7 kcal	0.1 g	0.3 g	0.1 g
<b>TOTAL</b>	<b>968.84 kcal</b>	<b>6.59 g</b>	<b>58.57 g</b>	<b>332.41 g</b>

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

## Micronutrients Analysis

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	30.56 g	n/a	n/a	n/a
Sugars, total	114.95 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	22.26 g	n/a	n/a	n/a
Calcium, Ca	135.74 mg	n/a	n/a	n/a
Iron, Fe	2.06 mg	n/a	n/a	n/a
Magnesium, Mg	6.8 mg	n/a	n/a	n/a
Phosphorus, P	11.02 mg	n/a	n/a	n/a
Potassium, K	79.25 mg	n/a	n/a	n/a
Sodium, Na	604.32 mg	n/a	n/a	n/a
Zinc, Zn	0.15 mg	n/a	n/a	n/a
Copper, Cu	0.01 mg	n/a	n/a	n/a
Fluoride, F	n/a	n/a	n/a	n/a
Manganese, Mn	1.31 mg	n/a	n/a	n/a
Selenium, Se	0.23 ug	n/a	n/a	n/a
Vitamin A, IU	3524.69 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	n/a	n/a	n/a	n/a
Carotene, beta	n/a	n/a	n/a	n/a
Carotene, alpha	n/a	n/a	n/a	n/a
Vitamin E (alphatocopherol)	17.56 mg	n/a	n/a	n/a
Vitamin D	13.1 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Cryptoxanthin, beta	n/a	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	n/a	n/a	n/a	n/a
Tocopherol, beta	0.09 mg	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Tocopherol, gamma	10.74 mg	n/a	n/a	n/a
Tocopherol, delta	1.72 mg	n/a	n/a	n/a
Tocotrienol, alpha	1.31 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	2.53 mg	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	0.31 mg	n/a	n/a	n/a
Thiamin	n/a	n/a	n/a	n/a
Riboflavin	n/a	n/a	n/a	n/a
Niacin	0.08 mg	n/a	n/a	n/a
Pantothenic acid	n/a	n/a	n/a	n/a
Vitamin B6	n/a	n/a	n/a	n/a
Folate, total	0.46 ug	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	n/a	n/a	n/a	n/a
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	52.33 µg	n/a	n/a	n/a
Folic acid	n/a	n/a	n/a	n/a
Folate, food	n/a	n/a	n/a	n/a
Folate, DFE	n/a	n/a	n/a	n/a
Betaine	n/a	n/a	n/a	n/a
Tryptophan	n/a	n/a	n/a	n/a
Threonine	n/a	n/a	n/a	n/a
Isoleucine	n/a	n/a	n/a	n/a
Leucine	n/a	n/a	n/a	n/a
Lysine	n/a	n/a	n/a	n/a
Methionine	n/a	n/a	n/a	n/a
Cystine	n/a	n/a	n/a	n/a
Phenylalanine	n/a	n/a	n/a	n/a
Tyrosine	n/a	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Fatty acids, total trans	0.38 g	n/a	n/a	n/a
Fatty acids, total saturated	15.02 g	n/a	n/a	n/a
Phytosterols	n/a	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	23.78 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	16.11 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.15 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.24 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	310.15 g	n/a	n/a	n/a

\* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check

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## **Dark Chocolate Brownies**

10 servings. Ready in 45 min.

### Ingredients

2 eggs, at room temperature, 3.1 oz

1 teaspoon vanilla extract, 0.1 oz

½ cup + 1 tablespoon dairy-free buttery sticks or spread, divided, 4.1 oz

¼ cup cocoa powder, 0.6 oz

¾ cup 100% stevia, 5 oz

100% cacao dark chocolate chips, sugar free, 4.1 oz

2 ounces 100% cacao chocolate baking bar, unsweetened, 2.1 oz

himalayan "pink" salt, 0.1 oz

gluten-free flour, 2.4 oz



### Instructions/Preparation

Preheat your oven to 350F and line a 9x9-inch baking dish with foil or parchment paper.

Put the 1 cup of buttery sticks or spread and dark chocolate chips in a small pot over low heat. Melt, stirring often, until smooth.

Remove the chocolate from the heat and add the eggs, one at a time, whisking after each addition.

Add the sweetener and vanilla and stir to combine. Add the flour, cocoa powder, and salt. Stir until smooth.

Transfer the batter to your prepared pan and even it out. Bake the brownies for 25 minutes. Let cool completely.

Melt the chocolate baking bar and remaining 1 tablespoon of buttery sticks or spread together and whisk until smooth. Drizzle the glaze over the brownies, and spread it using a spatula.

<b>Food</b>	<b>Energy/r ec</b>	<b>Protein/ rec</b>	<b>Fat/re c</b>	<b>Carbs/ rec</b>
2 eggs, at room temperature, 3.1 oz	125.8 kcal	11.1 g	8.4 g	0.6 g
1 teaspoon vanilla extract, 0.1 oz	11.5 kcal	0 g	0 g	0.5 g
½ cup + 1 tablespoon dairy-free buttery sticks or spread, divided, 4.1 oz	661.7 kcal	0.2 g	73.4 g	0.2 g
¼ cup cocoa powder, 0.6 oz	41 kcal	3.5 g	2.5 g	10.4 g
¾ cup 100% stevia, 5 oz	0 kcal	0 g	0 g	140 g
100% cacao dark chocolate chips, sugar free, 4.1 oz	765.4 kcal	15.3 g	61.2 g	30.6 g
2 ounces 100% cacao chocolate baking bar, unsweetened, 2.1 oz	313.4 kcal	7.8 g	31.4 g	19.6 g
himalayan "pink" salt, 0.1 oz	0 kcal	0 g	0 g	0 g
gluten-free flour, 2.4 oz	199.9 kcal	6.1 g	2 g	43.5 g
<b>TOTAL</b>	<b>2118.79 kcal</b>	<b>43.98 g</b>	<b>178.7 6 g</b>	<b>245.42 g</b>

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

## Micronutrients Analysis

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	108.18 g	n/a	n/a	n/a
Sugars, total	3.16 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	35.84 g	n/a	n/a	n/a
Calcium, Ca	343.58 mg	n/a	n/a	n/a
Iron, Fe	21.55 mg	n/a	n/a	n/a
Magnesium, Mg	100.86 mg	n/a	n/a	n/a
Phosphorus, P	311.14 mg	n/a	n/a	n/a
Potassium, K	433.46 mg	n/a	n/a	n/a
Sodium, Na	2076.18 mg	n/a	n/a	n/a
Zinc, Zn	2.37 mg	n/a	n/a	n/a
Copper, Cu	0.74 mg	n/a	n/a	n/a
Fluoride, F	0.97 µg	n/a	n/a	n/a
Manganese, Mn	0.72 mg	n/a	n/a	n/a
Selenium, Se	29.59 µg	n/a	n/a	n/a
Vitamin A, IU	4809.77 IU	n/a	n/a	n/a
Retinol	140.8 µg	n/a	n/a	n/a
Vitamin A, RAE	140.8 µg	n/a	n/a	n/a
Carotene, beta	n/a	n/a	n/a	n/a
Carotene, alpha	n/a	n/a	n/a	n/a
Vitamin E (alphatocopherol)	22.89 mg	n/a	n/a	n/a
Vitamin D	72.16 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	1.76 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	1.76 µg	n/a	n/a	n/a
Cryptoxanthin, beta	7.92 µg	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	449.48 µg	n/a	n/a	n/a
Tocopherol, beta	0.12 mg	n/a	n/a	n/a



<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Tocopherol, gamma	13.98 mg	n/a	n/a	n/a
Tocopherol, delta	2.22 mg	n/a	n/a	n/a
Tocotrienol, alpha	1.71 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	3.2 mg	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	18.36 mg	n/a	n/a	n/a
Thiamin	0.05 mg	n/a	n/a	n/a
Riboflavin	0.44 mg	n/a	n/a	n/a
Niacin	0.48 mg	n/a	n/a	n/a
Pantothenic acid	1.4 mg	n/a	n/a	n/a
Vitamin B6	0.17 mg	n/a	n/a	n/a
Folate, total	47.12 µg	n/a	n/a	n/a
Vitamin B12	0.78 µg	n/a	n/a	n/a
Choline, total	260.7 mg	n/a	n/a	n/a
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	0.09 µg	n/a	n/a	n/a
Vitamin K (phyloquinone)	63.7 µg	n/a	n/a	n/a
Folic acid	n/a	n/a	n/a	n/a
Folate, food	47.12 µg	n/a	n/a	n/a
Folate, DFE	47.12 µg	n/a	n/a	n/a
Betaine	0.26 mg	n/a	n/a	n/a
Tryptophan	0.2 g	n/a	n/a	n/a
Threonine	0.63 g	n/a	n/a	n/a
Isoleucine	0.73 g	n/a	n/a	n/a
Leucine	1.17 g	n/a	n/a	n/a
Lysine	0.98 g	n/a	n/a	n/a
Methionine	0.37 g	n/a	n/a	n/a
Cystine	0.28 g	n/a	n/a	n/a
Phenylalanine	0.77 g	n/a	n/a	n/a
Tyrosine	0.57 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	327.36 mg	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Fatty acids, total trans	0.51 g	n/a	n/a	n/a
Fatty acids, total saturated	80.99 g	n/a	n/a	n/a
Phytosterols	n/a	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	34.08 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	21.99 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.2 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.31 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	209.58 g	n/a	n/a	n/a

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Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

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### **Vanilla Coconut & Oats Cream Pie**

3 servings. Ready in 15 min.

#### Ingredients

- 1 1/4 cup unsweetened vanilla almond milk, 10 oz
- 3 tsp 100% cacao dark chocolate chips, sugar free, 0.5 oz
- 45g vanilla plant protein powder (optional), 1.6 oz
- 96g (1 cup) old fashioned rolled oats, gluten free, 2.9 oz
- 1/4 cup raw coconut butter, 2.1 oz
- 1/2 teaspoon 100% liquid stevia extract or monk fruit, 0.1 oz
- 1/2 teaspoon vanilla paste or extract, 0.1 oz

#### Instructions/Preparation

In a large bowl, stir together the milk and oats.

Stir in the melted coconut butter, vanilla paste and stevia.

Cover with plastic wrap and refrigerate overnight.

Sprinkle each pie with 1 teaspoon of chocolate chips. Enjoy the next morning!



<b>Food</b>	<b>Energy/re c</b>	<b>Protein/r ec</b>	<b>Fat/re c</b>	<b>Carbs/r ec</b>
1 1/4 cup unsweetened vanilla almond milk, 10 oz	33.7 kcal	1.2 g	2.9 g	1.2 g
3 tsp 100% cacao dark chocolate chips, sugar free, 0.5 oz	100.1 kcal	2 g	8 g	4 g
45g vanilla plant protein powder (optional), 1.6 oz	187.1 kcal	28.1 g	3.7 g	7.5 g
96g (1 cup) old fashioned rolled oats, gluten free, 2.9 oz	304.5 kcal	10.1 g	6.1 g	54.8 g
1/4 cup raw coconut butter, 2.1 oz	356 kcal	3.8 g	30.6 g	13.4 g
1/2 teaspoon 100% liquid stevia extract or monk fruit, 0.1 oz	0 kcal	0 g	0 g	0 g
1/2 teaspoon vanilla paste or extract, 0.1 oz	9.8 kcal	0 g	0 g	1.5 g
<b>TOTAL</b>	<b>991.21 kcal</b>	<b>45.19 g</b>	<b>51.39 g</b>	<b>82.35 g</b>

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

## Micronutrients Analysis

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	n/a	n/a	n/a	n/a
Sugars, total	9 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	24.53 g	n/a	n/a	n/a
Calcium, Ca	641.96 mg	n/a	n/a	n/a
Iron, Fe	17.37 mg	n/a	n/a	n/a
Magnesium, Mg	79.35 mg	n/a	n/a	n/a
Phosphorus, P	396.31 mg	n/a	n/a	n/a
Potassium, K	319.19 mg	n/a	n/a	n/a
Sodium, Na	503.98 mg	n/a	n/a	n/a
Zinc, Zn	2.81 mg	n/a	n/a	n/a
Copper, Cu	0.42 mg	n/a	n/a	n/a
Fluoride, F	n/a	n/a	n/a	n/a
Manganese, Mn	0.9 mg	n/a	n/a	n/a
Selenium, Se	52.51 µg	n/a	n/a	n/a
Vitamin A, IU	584.06 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	n/a	n/a	n/a	n/a
Carotene, beta	n/a	n/a	n/a	n/a
Carotene, alpha	n/a	n/a	n/a	n/a
Vitamin E (alphatocopherol)	n/a	n/a	n/a	n/a
Vitamin D	117.94 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Cryptoxanthin, beta	n/a	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	n/a	n/a	n/a	n/a
Tocopherol, beta	n/a	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Tocopherol, gamma	n/a	n/a	n/a	n/a
Tocopherol, delta	n/a	n/a	n/a	n/a
Tocotrienol, alpha	n/a	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	3.55 mg	n/a	n/a	n/a
Thiamin	n/a	n/a	n/a	n/a
Riboflavin	0.1 mg	n/a	n/a	n/a
Niacin	0.75 mg	n/a	n/a	n/a
Pantothenic acid	n/a	n/a	n/a	n/a
Vitamin B6	0.07 mg	n/a	n/a	n/a
Folate, total	30.07 µg	n/a	n/a	n/a
Vitamin B12	250.21 µg	n/a	n/a	n/a
Choline, total	n/a	n/a	n/a	n/a
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	8.98 µg	n/a	n/a	n/a
Folic acid	n/a	n/a	n/a	n/a
Folate, food	n/a	n/a	n/a	n/a
Folate, DFE	n/a	n/a	n/a	n/a
Betaine	n/a	n/a	n/a	n/a
Tryptophan	n/a	n/a	n/a	n/a
Threonine	n/a	n/a	n/a	n/a
Isoleucine	n/a	n/a	n/a	n/a
Leucine	n/a	n/a	n/a	n/a
Lysine	n/a	n/a	n/a	n/a
Methionine	n/a	n/a	n/a	n/a
Cystine	n/a	n/a	n/a	n/a
Phenylalanine	n/a	n/a	n/a	n/a
Tyrosine	n/a	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	15.8 g	n/a	n/a	n/a
Phytosterols	n/a	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	4.7 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	4.49 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	57.82 g	n/a	n/a	n/a

\* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check

<https://nutriadmin.com/docs/reference-for-nutritional-information-and-formulas-in-nutriadmin>