

Selah V. Fitness - Recipes

CHERRY VANILLA GREEK YOGURT PIE WITH GLUTEN FREE OAT FIBER CRUST

INGREDIENTS

1 1/2 c. Greek Yogurt
1/2 c. plus 1 Tbsp. silken-firm MoriNu tofu
1/4 plus scant 1/8 tsp. salt
2 tsp. NuNaturals Cherry Stevia
1-2 tsp. NuNaturals Cherry Vanilla Stevia
2 tsp. cornstarch or arrowroot
1/3 c. sugar free Joseph's Maple Syrup

*NOTE: To make chocolate cherry vanilla pie, simply add 1/4 cup plus 2 tbs unsweetened cocoa powder

DIRECTIONS

Mix all ingredients in a food processor. Poor into prepared crust, then bake at 350 degrees for 40-50 minutes. Let cool and sit in fridge overnight.

GLUTEN FREE OAT FIBER CRUST

INGREDIENTS

1/3 c. plus 1 Tbsp. NuNaturals Oat Fiber
1 Tbsp. NuNaturals Tagtose sweetener
1/3 cup plus 1 Tbsp. Almond Milk

DIRECTIONS

Mix all ingredients together and press down into prepared pie tin (sprayed with olive oil spray). Bake at 350 for 10 minutes.