

Seracal Yogurt Chia Pudding with Berries



Makes: 2 servings

Each serving contains $\frac{1}{2}$ a serving of Seracal



Ingredients:

1 serving Seracal
($\frac{1}{4}$ cup or 13.5 grams)

3-4 Tablespoons chia seeds

2 cups vanilla or fruit
flavored yogurt

1 teaspoon cinnamon

Dash of salt

1 teaspoon of your favorite
sweetener like honey, maple
syrup, or sugar (optional)

Recommended toppings:
Berries, nuts, breakfast cereal,
and granola

Instructions:

1. In a mixing bowl, combine all ingredients and stir until well mixed.
2. Divide the mixture into single-serving containers and refrigerate until the pudding sets (at least 1 hour).
3. Once firm, top each pudding with toppings like fresh berries, nuts, breakfast cereal, and granola.

Seracal Scrambled Eggs



Makes: 1 hearty serving
Each serving contains ½ a serving of Seracal



Ingredients:

½ serving of Seracal
(2 tablespoons, or 6.7 grams)

2 large eggs

1 tablespoon sour cream,
whole milk, or non-dairy milk
(unsweetened and unflavored)

1/8 teaspoon salt

1/2 tablespoon butter or oil

Recommended mix-ins:
precooked vegetables, meat,
salsa, cheese, and herbs

Instructions:

1. Crack two eggs into a small mixing bowl.
2. Add milk or sour cream, Seracal, and salt.
3. Whisk the mixture thoroughly until it is uniform in color, texture, and slightly foamy.
4. Add the butter or oil to a small skillet over medium heat, coat the pan well.
5. Add the egg mixture to the hot, buttered skillet and immediately reduce the heat to medium-low.
6. Using a heat-proof spatula, gently push the eggs from one end of the skillet to the other once the eggs begin to set, occasionally folding the eggs onto themselves.
7. If adding mix-ins, mix them into the eggs before they fully set, or add on top of cooked eggs.

Cinnamon Sugar Seracal Butter



Makes: 8 servings

Each serving contains ½ a serving of Seracal



Ingredients:

4 servings of Seracal
(1 cup, or 54 grams)

1 stick (8 Tablespoons) butter,
margarine, or plant-based
spread softened (Optional:
swap half the butter for cream
cheese for even more flavor!)

1/4 cup powdered sugar

1/4 cup brown sugar

2 teaspoons cinnamon

1/2 teaspoon vanilla extract

Instructions:

1. Combine all ingredients in a mixer and blend until light and fluffy.
2. Store in an airtight container in the fridge for up to 4 days or freeze up to 3-4 months.
3. Scoop out 1 generous tablespoon at a time, serve on crackers, toast, or pancakes.

Seracal Pumpkin Pie Frosting



Makes: 4 servings

Each serving contains $\frac{1}{2}$ a serving of Seracal



Ingredients:

2 servings of Seracal
($\frac{1}{2}$ cup, or 27 grams)

$\frac{1}{2}$ cup frosting, for example,
Betty Crocker Cream Cheese
frosting

$\frac{1}{4}$ teaspoon pumpkin pie
spice (optional to use
cinnamon instead)

1 teaspoon milk or
non-dairy milk

Optional twist: add rainbow
sprinkles or berries on top!

Instructions:

1. Blend all ingredients together in a bowl until smooth.
2. Store in an airtight container in the fridge for up to 4 days.
3. Scoop out 2 tablespoons at a time, serve on fruit, pancakes, cupcakes, or with pretzels or cookies.

Nutty Banana Seracal Smoothie



Makes: 1 serving

Each serving contains ½ a serving of Seracal



Ingredients:

½ serving of Seracal
(2 tablespoons, or 6.7 grams)

1 cup whole milk or
non-dairy milk

2 ice cubes

1 ripe, medium banana, frozen

1 teaspoon honey (optional)

Dash of cinnamon, to taste

2 tablespoons nut
butter (peanut, almond,
cashew, sunflower)

Instructions:

1. In a blender, add all ingredients and blend on high until the mixture is frothy and smooth.

Customize it: You can adjust the consistency by adding or reducing milk, to your preference!

Very Berry Seracal Smoothie



Makes: 2 servings

Each serving contains ½ a serving of Seracal



Ingredients:

1 serving of Seracal
(1/4 cup, or 13.5 grams)

1 serving of vanilla or berry
flavored yogurt (Optional:
use greek yogurt for even
more protein!)

1 ½ cups mixed berries, frozen

Honey and/or vanilla extract
(to taste)

Ice and milk as desired for
thickness preferred

Instructions:

1. In a blender, blend all ingredients until smooth.
2. If smoothie is too thick, add a little more milk until texture is as you like it.

Seracal Pancakes



Makes: 2 servings of pancakes (3-4 pancakes per serving)
Each serving contains 1/2 serving of Seracal (2 Tablespoons)



Ingredients:

1 serving of Seracal
(1/4 cup or 13.5 grams)

2 servings of pancake mix
(usually 1 cup); use your
favorite brand

Wet pancake batter ingredients,
as listed pancake mix
instructions (milk, eggs, oil)

Additional 2 tablespoons of
liquid (water, milk, or non-
dairy milk) to thin the batter,
as needed

1 - 2 tablespoons of oil or
butter to grease griddle

Additional optional toppings:
fruit/berries, honey, maple
syrup, yogurt, granola

Instructions:

1. In a medium bowl, combine the dry pancake mix and Seracal, mix until no clumps remain.
2. Add wet ingredients, as listed in the pancake mix instructions, mix well.
3. Pour batter onto a well-greased griddle or large skillet on medium heat (375°), 1/4 cup for each pancake.
4. When bubbles start to form in the cooking pancakes, flip and continue to cook until golden brown.
5. Top with fruit/berries, honey, maple syrup, yogurt, granola and enjoy!

Tip: Left over pancakes can be stored in the fridge or freezer and reheated in a toaster.

Ranch Sour Cream Seracal Dip



Makes: 6 servings

Each serving contains ½ serving of Seracal



Ingredients:

3 servings of Seracal (¾ cup or 40.3 grams)

4 tablespoons or to taste, ranch seasoning powder (Hidden Valley or Trader Joe's brand)

4 oz cream cheese (half a brick)

2 oz sour cream

1 tablespoon milk, buttermilk, or non-dairy milk to thin, if desired

Additional toppings: olive oil, black pepper, any herbs.

Instructions:

1. Mix Seracal and Ranch Seasoning powder together, until no lumps are visible.
2. Blend powder mix into cream cheese and sour cream using a mixer, food processor, or fork.
3. If looser texture is desired, blend in buttermilk to thin.
4. Store refrigerated for up to 4 days, or freeze for up to 3 months.
5. Portion out 2 tablespoons at a time, and serve with pretzels, crackers, or veggies.

Seracal Hummus



Makes: 2 servings

Each serving contains $\frac{1}{2}$ serving of Seracal



Ingredients:

1 serving of Seracal
($\frac{1}{4}$ cup or 13.5 grams)

$\frac{1}{2}$ cup of your favorite
hummus, store-bought
or homemade

For extra flavor, mix-in any
combination of $\frac{1}{4}$ teaspoon
cumin, a pinch minced
garlic and/or 1 tablespoon
almond butter

Optional recommended
toppings: paprika, smoked
salt, extra virgin olive oil,
sesame seeds, nuts or seeds

Instructions:

1. Mix hummus, Seracal, and any other mix-ins.
2. Separate into 2 servings, serve one for now, refrigerate the other for later.
3. To serve, add toppings and enjoy with crackers, bread, or veggies.

Chimichurri Sauce



Makes: 4 servings $\frac{1}{3}$ cup sauce
Each serving contains $\frac{1}{4}$ serving Seracal



Ingredients:

- $\frac{1}{4}$ cup Seracal (1 Serving)
- 2 tablespoons red wine vinegar
- 1 garlic glove, chopped
- $\frac{1}{8}$ tsp crushed red pepper flakes
- 1 cup packed Italian parsley leaves (or mixture of cilantro and Italian parsley)
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{4}$ tsp dried oregano

Instructions:

1. In a small food processor, combine vinegar, garlic, red pepper flakes, Seracal, olive oil, salt, and oregano and gently pulse to mix ingredients.
2. Add parsley and pulse until finely blended. It is ready to use or store in airtight container for up to 4-days.

This versatile sauce can be used on grilled meat (beef, pork, lamb, chicken), seafood, pasta, roasted sweet potatoes topped with black beans, veggie tacos, scrambled or fried eggs, grain bowls or swapped out for salad dressing.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Mac 'n Ham Salad



Makes: 2 servings

Each serving contains $\frac{1}{2}$ serving of Seracal



Ingredients:

1 serving of Seracal
($\frac{1}{4}$ cup or 13.4 grams)

$\frac{1}{4}$ cup mayonnaise

$\frac{1}{2}$ tsp Cajun seasoning,
optional

1 7-ounce pouch of fully
cooked elbow macaroni
(Barilla Ready Pasta brand) or
any leftover pasta

$\frac{1}{4}$ cup chopped smoked

1 small sweet baby red bell
pepper, diced

Instructions:

1. In a medium-sized bowl, mix Seracal into mayonnaise, add Cajun seasoning and blend well.
2. Add pasta, ham, and red bell pepper and mix well.
3. Refrigerate for an hour to allow flavors to blend, optional.

Variations:

- Add rotisserie chicken, hard salami, or any type of ham
- Add chopped cucumbers, chopped raw broccoli
- Instead of cajun seasoning substitute fresh cracked pepper and salt, to taste

Source: Cindy Kleckner, RDN, LD, FAND

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Ham Salad



Makes: 2 servings

Each serving contains $\frac{1}{2}$ serving of Seracal



Ingredients:

1 serving of Seracal
($\frac{1}{4}$ cup or 13.5 grams)

$\frac{1}{2}$ pouch diced smoked ham

$\frac{1}{4}$ cup mayonnaise

2 tablespoons sweet relish

Instructions:

1. In a small food processor, add mayonnaise, sweet relish, Seracal and ham. Pulse ham until finely chopped.
2. Serve with favorite crackers, wrap in lettuce leaves or use as a sandwich filling.

Source: Cindy Kleckner, RDN, LDN, FAND

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