# Seracal Yogurt Chia Pudding with Berries

Makes: 2 servings
Each serving contains ½ a serving of Seracal



## Ingredients:

1 serving Seracal
(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

# 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



## 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.

## 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

# Seracal Pumpkin Pie Frosting

**Makes: 4 servings**
**Each serving contains ½ a serving of Seracal**

## Ingredients:

2 servings of Seracal
(1/2 cup, or 27 grams)

1/2 cup frosting, for example,
Betty Crocker Cream Cheese
frosting

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.

# Seracal™

# Nutty Banana Seracal Smoothie

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

## 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!

## 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)

# Very Berry Seracal Smoothie

**Makes: 2 servings**
Each serving contains ½ a serving of Seracal



## 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.

## 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

# 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.

# Seracal™

# Ranch Sour Cream Seracal Dip

**Makes: 6 servings**
**Each serving contains ½ serving of Seracal**



## Ingredients:

3 servings of Seracal (3/4 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 ½ serving of Seracal

## Ingredients:

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

1/2 cup of your favorite
hummus, store-bought
or homemade

For extra flavor, mix-in any
combination of ¼ 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 ⅓ cup sauce
Each serving contains ¼ serving Seracal

## Ingredients:

¼ cup Seracal (1 Serving)

2 tablespoons red wine vinegar

1 garlic glove, chopped

1/8 tsp crushed red pepper flakes

1 cup packed Italian parsley leaves (or mixture of cilantro and Italian parsley)

1/4 cup extra-virgin olive oil

¼ tsp sea salt

¼ tsp dried oregano

## Instructions:

1. In a small bowl, combine vinegar, garlic, and red pepper flakes. Allow to sit for 10 minutes for flavors to blend.

2. Add vinegar mixture and parsley leaves to the bowl of a food processor and pulse until finely blended.

3. In a small bowl mix Seracal into the olive oil until combined. Add the vinegar mixture and whisk until well blended. It is ready to use or store refrigerated in an airtight container up to 3 days.

4. 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 friend eggs, grain bowls or swapped out for salad dressing.

# Mac 'n Ham Salad

Makes: 2 servings
Each serving contains ½ serving of Seracal

## Instructions:

**1.** In a small bowl, mix Seracal into mayonnaise, add Cajun seasoning and blend well.

**2.** Tear open Ready Pasta pouch and combine pasta with ham and red bell pepper.

**3.** Add Seracal mayonnaise mixture and blend well.

**4.** Refrigerate for an hour to allow flavors to blend

### 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

## Ingredients:

1 serving of Seracal
(¼ cup or 13.5 grams)

¼ cup mayonnaise

½ tsp Cajun seasoning, optional

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

¼ cup chopped smoked ham

1 small sweet baby red bell pepper, diced

# Ham Salad

**Makes: 2 servings**
Each serving contains ½ serving of Seracal



## Ingredients:

1 serving of Seracal
(¼ cup or 13.5 grams)

½ pouch diced smoked ham

¼ cup mayonnaise

1 tablespoon sweet relish

## Instructions:

**1.** In a small food processor, pulse ham until finely chopped.

**2.** In a small bowl mix mayonnaise and Seracal until well blended.

**3.** Add ham and sweet relish and mix until combined.

**4.** Serve with favorite crackers, wrap in lettuce leaves or use as a sandwich filling.

# Gnocchi with Seracal Sausage Spaghetti Sauce

**Makes: 4 servings**
**Each serving contains ½ serving of Seracal**



## Ingredients:

2 servings of Seracal
(½ cup or 27 grams)

1 lb. medium to hot
Italian sausage

1 24-ounce jar premium
quality Marinara or Grilled
Vegetable Sauce (Rao's)

2 12-ounce packages
Cauliflower Gnocchi
(Trader Joe's)

Grated Parmesan cheese,
optional

## Instructions:

1. Set pot/saucepan of salted water to heat up and boil water.

2. Add sausage to a medium skillet over medium-high heat and break up into small pieces with a spatula. If less fat desired, dab extra oil with a paper towel. Cook over medium heat until fully browned. Add Seracal and mix until well blended.

3. Add spaghetti sauce and cook until heated through.

4. To prepare gnocchi, pour frozen gnocchi into a pot/saucepan containing salted boiling water. Strain as soon as they come to the surface.

5. Serve gnocchi with the sausage spaghetti sauce. Sprinkle with Parmesan cheese.

**Source:** Cindy Kleckner, RDN, LD, FAND

**Variation:** Substitute potato gnocchi or favorite pasta shape

**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.

# Seracal Guacamole

Makes: 4 ½-cup servings
Each serving contains ½ serving of Seracal



## Ingredients:

2 servings of Seracal
(½ cup or 27 grams)

2 large avocados

Juice of ½ small orange

Juice of ½ lime

Juice of ½ lemon

1 Tablespoon favorite salsa
(Arriba Roasted Chipotle Salsa)

1 teaspoon chopped cilantro,
optional

Coarse ground sea salt, to taste

## Instructions:

1. In a small bowl, mash avocado and blend in Seracal.

2. Add orange, lime and lemon juice, salsa, and cilantro, and blend well. Add salt, to taste.

3. Serve as a dip with favorite tortilla chips or raw vegetables, Mexican food, spread on sandwiches, use as a topping for burgers or toast.

4. Store leftover guacamole in the fridge in an airtight container for up to four days. Fresh guacamole may brown overnight – this is natural, just stir before serving.

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.

# Seracal Sausage Queso Dip with Chips

**Makes: 12 servings ¼ cup each**
**Each serving contains 1 Tablespoon of Seracal**



## Ingredients:

3 servings Seracal
(3/4 cup or 40.5 grams)

1 lb. mild or hot sausage
(Jimmy Dean)

1 lb. Velveeta Cheese, cut into large cubes

1 8-ounce can Rotel tomatoes or favorite salsa

## Instructions:

**1.** In a small bowl, mash avocado and blend in Seracal.

**2.** Add orange, lime and lemon juice, salsa, and cilantro, and blend well. Add salt, to taste.

**3.** Serve as a dip with favorite tortilla chips or raw vegetables, Mexican food, spread on sandwiches, use as a topping for burgers or toast.

**4.** Store leftover guacamole in the fridge in an airtight container for up to four days. Fresh guacamole may brown overnight – this is natural, just stir before serving.

**Source:** Cindy Kleckner, RDN, LD, FAND

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# Seracal™

# Chicken Ciabatta with Seracal Secret Sauce

**Makes: 1 sandwich**
Each serving contains 1 serving of Seracal



## Ingredients:

1 serving Seracal
(¼ cup or 13.5 grams), divided

1 Ciabatta roll, cut in half

2 Tablespoons mayonnaise

1 teaspoon Sriracha

½ avocado

3 ounces chicken breast
deli slices

Green leafy lettuce or
favorite greens

## Instructions:

**1.** To make secret sauce, mix mayonnaise with Sriracha and 2 Tablespoons Seracal and spread on one half of the bun.

**2.** Mash avocado in the skin and mix in remaining 2 Tablespoons Seracal and spread on second half of the bun.

**3.** Add the chicken and top with greens for a sandwich worth savoring.

**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.

# Seracal Egg Salad Sandwich

Makes: 2 open-faced sandwiches
Each serving contains ¼ serving of Seracal



## Ingredients:

½ serving Seracal
(2 Tablespoons or 6.7 grams)

2 Tablespoons mayonnaise

2 teaspoons sweet relish

2 large hard-boiled eggs, chopped

2 slices whole-wheat bread

## Instructions:

**1.** In a small bowl mix together mayonnaise, Seracal and relish until blended, then add eggs and mix well.

**2.** Toast bread and top with the egg salad.

**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.

# Seracal

# Seracal Mango Banana Sorbet

Makes: 4 (½ -cup) servings
Each serving contains ¼ serving of Seracal



## Ingredients:

1 serving Seracal
(¼ cup or 13.5 grams)

1 16-ounce package frozen mango chunks

2 Tablespoons sugar

1 small ripe banana

2 Tablespoons lime juice

## Instructions:

1. Combine mango, sugar, Seracal, banana and lime juice into high powered blender, secure lid and pulse 3 minutes or until the mixture is smooth.

2. Spoon into bowls and serve or freeze until ready to serve.

Variations: Substitute frozen mixed berries or a combination of frozen strawberries and mango. Add 2 Tablespoons of coconut cream in place of lime juice.

Source: Cindy Kleckner, RDN, LD, FAND

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# Seracal

# Seracal Chocolate Bon Bons

Makes: 10 servings, 3 bon bons per serving
Each serving contains 4.03 grams of Seracal

## Ingredients:

¾ cup of Seracal
(40.5 grams)

One 8-ounce package cream cheese, softened

One 13.9-ounce package Oreo Chocolate Sandwich Cookies, finely crushed in food processor

10 ounces Dark Chocolate flavored melting wafers (Ghirardelli)

10 ounces White Chocolate flavored melting wafers (Ghirardelli)

## Instructions:

**1.** Mix cream cheese, Seracal and cookie crumbs until blended. Save some crumbs for sprinkling on top of balls.

**2.** Shape mixture into 30 1½-inch balls, place them on lined baking sheet and freeze for 10 minutes.

**3.** Melt flavored melting wafers according to directions and coat half of the balls in the dark chocolate and half in the white chocolate. Sprinkle with remaining cookie crumbs. Refrigerate until firm.

**Variations**: Top bon bons with crushed peppermint candies instead of cookie crumbs for a minty flavor

**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.

# Seracal Pina Colada Mocktail

Makes: Two 8-ounce servings or 16 1-ounce shot servings
Each 8-ounce serving contains ½ serving Seracal



## Ingredients:

¼ cup of Seracal (13.5 grams)

½ cup pineapple juice
1 cup frozen pineapple chunks

½ cup Cream of Coconut
(Coco Lopez)

## Instructions:

**1.** Add coconut cream and Seracal in blender and pulse until combined.

**2.** Add pineapple juice and pineapple chunks and pulse until smooth.

**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.

# Seracal Tropical Cooler

Makes: Makes four 8-ounce servings or 16 2-ounce shots
Each 8-ounce serving contains ½ serving of Seracal



## Ingredients:

½ cup of Seracal (27 grams)

One 15-ounce can fruit cocktail in 100% juice

1 small ripe banana

½ cup pineapple juice

5.3-ounce Vanilla-flavored Greek Yogurt

## Instructions:

1. In a blender, pulse together yogurt and Seracal until combined. Add fruit cocktail, banana and pineapple juice and blend until smooth.

2. Fill glass with ice and pour mixture over top.

Source: Cindy Kleckner, RDN, LD, FAND

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# Seracal™

# Single-serve Seracal Chicken Alfredo Pasta

🍴 Makes: 1 serving
Each serving contains 1 serving of Seracal



## Ingredients:

1 serving Seracal
(¼ cup or 13.5 grams)

2 ounces dry vermicelli pasta or favorite gluten-free pasta

¼ cup store-bought Alfredo sauce (Carbone, Rao's)

1 ounce cooked chicken

Grated Parmesan cheese, optional

## Instructions:

**1.** Cook pasta according to directions on package. Drain well.

**2.** Cook sauce according to directions and set aside.

**3.** Stir Seracal into the alfredo sauce and add to the drained pasta. Add chicken and sprinkle with Parmesan cheese.

**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.

# Seracal

# Seracal Homemade Ice Cream

🍴 Makes: 8 ½ cup servings
Each serving contains ¼ serving of Seracal

## Ingredients:

2 servings Seracal
(1/2 cup or 27 grams)

2 cups heavy cream

1 14-ounce can sweetened
condensed milk, chilled

½ teaspoon vanilla extract

## Instructions:

**1.** Using an electric mixer, whip the cream until stiff peaks form. On low speed, add the condensed milk, vanilla and your favorite flavorings. Add mix-ins by hand.

**2.** Pour into a resealable container, cover with plastic wrap then seal. Freeze for at least 6 hours, or until firm. Store in the freezer.

**Mix-in variations:** Add chocolate syrup, hot fudge, mini marshmallows and mini chocolate chips, M&M candies, sprinkles, crushed cookies, caramel sauce, toasted nuts, shredded toasted coconut, fresh fruit, gummy worms, crushed peanut butter cups, granola, whipped cream

**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.

# Seracal Milkshake/ Milkshake Shots

🍴 Makes: One 10-ounce servings or 10 1-ounce shot servings
Each 10-ounce serving contains 2 servings Seracal

## Ingredients:

2 servings Seracal (½ cup or 27 grams) or more depending on taste preference

1 cup ice cream

¼ cup whole milk

## Instructions:

Combine the ice cream, Seracal and milk in a blender and pulse on low speed until smooth and creamy.

### Mix-in variations:
Substitute Dairy-free ice cream and non-dairy milk alternative in place of dairy products .

Substitute Seracal Ice Cream for regular ice cream.

Blend in favorite flavorings such as chocolate syrup, fresh berries, peanut butter and bananas, peanut butter and chocolate syrup, crushed cookies.

**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.