

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 $\frac{1}{2}$ 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!)

$\frac{1}{4}$ cup powdered sugar

$\frac{1}{4}$ cup brown sugar

2 teaspoons cinnamon

$\frac{1}{2}$ 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 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.



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 (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 $\frac{1}{2}$ 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 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 fried eggs, grain bowls or swapped out for salad dressing.

Mac 'n Ham Salad



Makes: 2 servings

Each serving contains ½ serving of Seracal



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

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

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

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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

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Seracal Sausage Queso Dip with Chips



Makes: 12 servings $\frac{1}{4}$ cup each
Each serving contains 1 Tablespoon of Seracal



Ingredients:

3 servings Seracal
($\frac{3}{4}$ 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.

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Chicken Ciabatta with Seracal Secret Sauce



Makes: 1 sandwich

Each serving contains 1 serving of Seracal



Ingredients:

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

1 Ciabatta roll, cut in half

2 Tablespoons mayonnaise

1 teaspoon Sriracha

$\frac{1}{2}$ 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

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Seracal Egg Salad Sandwich



Makes: 2 open-faced sandwiches
Each serving contains $\frac{1}{4}$ serving of Seracal



Ingredients:

$\frac{1}{2}$ 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

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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 Chocolate Bon Bons



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



Ingredients:

$\frac{3}{4}$ 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 $1\frac{1}{2}$ -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

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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

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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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Single-serve Seracal Chicken Alfredo Pasta



Makes: 1 serving

Each serving contains 1 serving of Seracal



Ingredients:

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

2 ounces dry vermicelli pasta or
favorite gluten-free pasta

$\frac{1}{4}$ 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

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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 Seracal, 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

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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 ($\frac{1}{2}$ cup or 27 grams) or more depending on taste preference

1 cup ice cream

$\frac{1}{4}$ cup whole milk

Instructions:

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

Storage:

Store 1-ounce shots in an ice cube tray in the freezer with a popsicle stick (optional) in each well. Serve frozen 1-ounce shots out of the ice cube tray for a quick frozen treat

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

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Seracal Overnight Oats and Walnut 'Cream'



Makes: 3-4 servings



Ingredients:

Walnut cream:

6 tablespoons Seracal (1½ servings)

6½ ounces walnut pieces

1 cup water

Overnight oats:

¾ cup old fashioned rolled oatmeal flakes or Muesli (Bob's Red Mill)

1½ cup walnut 'cream,' divided

1 large apple, shredded

Mixed berries or fruit, fresh or frozen

Instructions:

1. To make walnut cream, place walnuts, Seracal and water in blender and pulse until thick and creamy. Yield: 1½ cup
2. In a medium bowl mix together Muesli, 1 cup walnut cream and shredded apple. Cover and refrigerate overnight. Serve cold or warm for a minute in the microwave, topped with remaining walnut cream and fruit of choice.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Walnut pesto



Makes: ½ cup of pesto



Ingredients:

2 Tablespoons Seracal

1 cup fresh basil

6 Tablespoons fresh grated
parmesan cheese

½ ounce chopped walnuts

1 large garlic clove

¼ cup walnut oil

Instructions:

1. In a small food processor pulse basil, parmesan cheese, walnuts, garlic and Seracal until coarsely chopped.
2. Slowly drizzle in the walnut oil and process until smooth. Season with salt and pepper.
3. Serve with roasted vegetables, grilled chicken, seafood, pasta and in grain bowls.

Source: Cindy Kleckner, RDN, LD, FAND

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Walnut Crusted Salmon and Arugula Salad with Seracal Walnut Oil Vinaigrette



Makes: 2 servings of fish



Ingredients:

Two 5-ounce salmon filets with skin
1 teaspoon walnut oil
¼ cup chopped walnuts
1 Tablespoon maple syrup
1 Tablespoon Seracal
Salt and pepper

Vinaigrette:

2 Tablespoons walnut oil
1 Tablespoon sherry vinegar
1 teaspoon Dijon mustard
Pinch of sugar
2 Tablespoons Seracal
2 cups fresh arugula

Instructions:

1. Preheat oven to 425 degrees F. Place salmon filets skin side down on baking sheet.
2. Combine walnut oil, walnuts, maple syrup and Seracal and top each piece of salmon with a layer of the walnut mixture. Place fish in oven and roast for 10 minutes.
3. While fish is in the oven, whisk together the walnut oil, vinegar, mustard, sugar and Seracal. Toss with arugula and serve on top of salmon.

Source: Cindy Kleckner, RDN, LD, FAND

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