

RECIPE

TASTY WEIGHT-LOSS TREATS: FLUFFERNUTTER KISSES

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INGREDIENTS

- 3 tsp (4 grams) powdered freeze-dried strawberries*
- 3 tsp (5 grams) powdered peanut butter
- ¾ cup (75 grams) oat flour or rolled oats
- 3 large eggs, separated (or 95-100g egg whites)
- ½ cup (135 grams) pureed pumpkin

NUMBER OF SERVINGS

100 - 120 dime-sized treats

TIME TO PREPARE

10 minutes

TIME TO COOK

30 minutes

TOOLS NEEDED

- Blender or Food Processor
- Hand or Stand Mixer
- Baking Sheet
- Parchment Paper or Silpat
- Plastic Freezer Bag or Pastry Piping Bag
- Mixing Bowl
- Baking or other scale that can measure in grams

PROCEDURE

1. Preheat oven to 350 degrees F
2. Line a baking sheet with parchment paper or silicone baking mat.
3. If using whole rolled oats, pulverize in blender or food processor with blade attachment for 60-90 seconds until oats have consistency of textured flour. You may skip this step if you are using oat flour.
4. Add freeze-dried strawberries and powdered peanut butter to oat mixture in blender or food processor and blend until thoroughly combined/evenly distributed.
5. Separate eggs, and place egg whites in a mixing bowl (if using hand mixer) or the bowl of a stand mixer. Whip egg whites on high using whisk attachment for 3-5 minutes (depending on machine) until the mixture is fluffy and has tripled in volume/reached the soft peak stage.
6. Add pureed pumpkin to the meringue in 3 parts, scraping down sides of bowl after each addition until just incorporated and entire mixture is a lovely orange color. Do not over mix.
7. Fold in dry ingredients and mix gently until evenly distributed. Transfer meringue mixture to piping bag (or plastic freezer bag with 1 corner cut off).
8. Holding the piping bag ½ inch over the parchment paper/silicone baking mat, squeeze out dime-sized (think, half a grape) dollops of meringue mixture, spaced ½ inch apart. Total yield will vary, but typically this recipe yields roughly 100-120 meringues.
9. Place baking sheet in preheated oven and bake for 30 minutes.
10. When fully baked, meringues should be dry/hard to the touch. After removing the baking sheet from the oven, allow the meringues to cool on the baking sheet for 10 minutes.
11. Once fully cooled, it's time to let your pup give them a taste! Transfer remaining treats to an airtight container. Treats should be refrigerated, and can be stored for up to 5 days.



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