



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

## WEEKLY RECIPE

### Mini Chocolate Cupcakes

1 packet Ideal Protein chocolate chip pancake mix  
2 1/2-3 oz water  
Small pinch of sea salt  
Preheat oven to 350\*

Mix ingredients very well and divide among 3 olive oil sprayed mini muffin pans.  
Bake for 10-12 minutes or until toothpick inserted into center of muffin comes out clean. Let cool slightly. Remove from pan and split horizontally.



### Vanilla Frosting

1 packet of Ideal Protein vanilla pudding  
1/2 tsp almond extract  
Small pinch sea salt  
3 1/2-4 oz water

Mix all ingredients together very well forming a smooth frosting. Frost cooled cupcakes and top with the stewed Rhubarb or with Walden Farms strawberry jam. Makes 6 cupcakes. ENJOY!

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### Crackers and Eggplant Dip

#### Crackers:

1 packet of Ideal Protein plain crepe mix  
mix plain crepe mix with water so it is thick and spread on cookie sheet  
Add sea salt, garlic & others herbs you like on crackers.  
Bake 350 degrees until brown & crispy  
options: garlic, pepper, dill weed



#### Eggplant dip:

2 medium eggplant (peeled and chopped)  
1/2 pablano pepper  
1 lemon (juiced)  
1 tsp sea salt  
2 tbsp fresh oregano or 1 tsp dried  
3 tbsp olive oil  
2 tbsp parsley  
1/2 tsp cumin powder  
2 garlic cloves (minced)



In a large pan over medium heat, add 1 tbsp olive oil and allow to get hot. Add eggplant and sauté until starting to soften through (about 10 minutes). Turn heat up to medium high. Add pablano pepper and garlic. Sauté an additional 3 minutes. Turn off heat and let cool slightly.  
Transfer to food processor with remaining ingredients and pulse well until desired consistency is achieved. ENJOY!

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