

Shaw's

SIMPLE SWAPS

SMALL CHANGES. BIG DIFFERENCES.

SWEET & SALTY TREATS

DARK CHOCOLATE SRIRACHA TURTLES



PREP TIME

5 mins

COOK TIME

2 mins

TOTAL TIME

7 mins

Serves: 24

INGREDIENTS

- 24 mini pretzel twists
- 2.4 oz. dark chocolate
- 24 Emerald Sriracha Cashews

INSTRUCTIONS

1. Preheat oven to 325°F.
2. On a cookie sheet, spread out the mini pretzel twists.
3. Place 1/3 oz. of dark chocolate on each pretzel.
4. Heat for 2-3 minutes until chocolate slightly melts.
5. Remove and place one Sriracha Cashew on top.
6. Refrigerate for one hour so chocolate sets.
7. Enjoy!

Nutrition Facts

Serving Size 1 each (8g)
Servings Per Container 24

Amount Per Serving

Calories 35 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 1g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 2%**

*Percent Daily Values are based on a diet of 2,000 calories.
Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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CHOCOLATE PEANUT BUTTER COOKIES



PREP TIME
10 mins
COOK TIME
12 mins
TOTAL TIME
22 mins

Serves: 24

INGREDIENTS

- 1½ cups whole wheat flour
- ¼ cup cocoa powder
- 1 tsp baking soda
- ¼ tsp baking powder
- ½ cup powdered peanut butter
- ⅓ cup egg whites
- 1 cup vanilla unsweetened almond milk
- ¾ cup sugar of choice
- ½ cup mini chocolate chips

Nutrition Facts

Serving Size 1 Cookie (31g)	
Servings Per Container 24 Cookies	
Amount Per Serving	
Calories 70	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a medium bowl, mix together almond milk, egg whites, stevia and powdered peanut butter.
3. In a smaller bowl, mix all remaining ingredients together.
4. Combine dry into wet ingredients until thoroughly combined.
5. Drop by spoonful onto cookie sheet sprayed with cooking spray.
6. Baked for 10-12 minutes until cookie are soft and moist (almost like a spring when you touch them!).
7. Remove from oven, cool and enjoy!

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HIGH FIBER CHOCOLATE CHIP MINI MUFFINS



Serves: 30

PREP TIME

5 mins

COOK TIME

15 mins

TOTAL TIME

20 mins

INGREDIENTS

- ¼ cup chocolate chips, mini
- 1 cup white whole wheat flour
- 2 cups high fiber cereal, crushed
- ¼ cup egg whites
- 1/3 cup sugar
- ¼ cup maple syrup
- 1 teaspoon vanilla
- ⅓ cup nonfat plain Greek yogurt
- ½ cup unsweetened vanilla almond milk
- 1 teaspoon baking powder
- ½ teaspoon baking soda

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Pulse high fiber cereal in a blender until a flour like consistency is reached.
3. In a large bowl, combine all wet ingredients. In a smaller bowl, combine dry ingredients.
4. Slowly mix dry into wet ingredients until thoroughly combined.
5. Spoon out into mini muffin containers, sprayed with cooking spray.
6. Bake for 12-15 minutes or until lightly browned.
7. Remove and enjoy!

Nutrition Facts

Serving Size 1 mini muffin (23g)
Servings Per Container 30 muffins

Amount Per Serving

Calories 45 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

