

# Swervin' Through The Year

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Recipes, tips, holidays, and talking points for every month of the year!

## March

- Coming up this month: National Nutrition Month, National RD Day, St. Patrick's Day
- Tips & Talking Points
  - March is National Nutrition Month! Here are some ways to celebrate:
    - Try a new plant-based recipe
    - Tag your RD friends on social media and wish them a Happy RD Day
    - Point out the difference between a nutritionist and dietitian
    - Sneak some vegetables into a baked good, like Morning Glory Muffins, or Zucchini Brownies.
  - Green recipes so you don't get pinched!
    - Maple Bacon Brussels Sprouts
    - Chocolate Mint Cups
    - Irish Boozy Cupcakes



# Morning Glory Muffins

## Ingredients

- 3 large eggs, room temperature
- ⅓ cup oil (avocado, coconut, or vegetable)
- ⅓ cup water
- 1 tbsp vanilla extract
- 1 package [Swerve Sweets Vanilla Cake Mix](#)
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 2 tbsp [Brown Swerve](#) (optional)
- ½ cup shredded zucchini
- ½ cup shredded carrots
- ¼ cup shredded unsweetened coconut
- ¼ cup chopped pecans, plus more for garnish
- 2 tbsp raisins

## Instructions

1. Place the zucchini in a tea towel and squeeze out as much moisture as possible.
2. Add raisins to a small bowl and cover with warm water to plump them up.
3. Preheat the oven to 350 and line a cupcake pan with 15 liners.
4. In a large mixing bowl, add the eggs, oil, water, and vanilla. Mix with a whisk until well combined.
5. Add the cake mix, cinnamon, nutmeg, and Brown Swerve. Mix with a whisk until well combined.
6. Add the drained zucchini, carrots, coconut, pecans, and soaked raisins. Fold into the batter with a spatula until well combined.
7. Fill each muffin liner with about 2 tbsp batter. Garnish with a sprinkle of chopped pecans.
8. Bake the muffins for about 20 minutes, or until fully cooked through and golden brown on top.
9. Remove from the oven and transfer to a cooling rack.

# Frosted Zucchini Brownies

## Ingredients

### Brownies

- 2 cups shredded zucchini (loosely packed)
- ¼ tsp salt
- 1 box [Swerve Sweets Brownie Mix](#)
- 2 large eggs
- ½ cup butter, melted
- ¼ cup water

### Frosting

- ½ cup butter, softened
- ⅔ cup [Swerve Confectioners](#)
- 1 tsp vanilla extract
- 2 ounces sugar-free dark chocolate, chopped and melted

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## Instructions

### Brownies

1. Place the zucchini in a large sieve in the sink and sprinkle with the salt. Toss to combine, then let drain one hour. Once drained, squeeze out as much moisture as possible.
2. Preheat the oven to 350 and grease an 8x8 inch baking pan. Line the bottom with parchment, with overhanging sides for easy removal. Lightly grease the parchment.
3. Pour the mix into a large bowl. Add the eggs, butter, and zucchini and stir to combine, then add the water and mix until smooth. If the batter is very thick, add more water, 1 tbsp at a time, until it's a spreadable consistency.
4. Spread the batter in the prepared baking pan and bake 25 to 30 minutes, until the top is just firm to the touch. Remove and let completely cool in the pan, then lift out by the parchment paper edges.

### Frosting

In a medium bowl, cream the butter with the sweetener until well combined. Beat in the vanilla extract, then beat in the melted chocolate until well combined, scraping down the sides of the bowl and the beaters as needed. Spread over the cooled brownies and refrigerate 30 minutes until a little firmer before cutting into bars.

## Maple Bacon Brussels Sprouts

### Ingredients

- 6 slices bacon, chopped
- 1/3 cup [Swerve Granular](#)
- 1 tbsp water
- 1 tsp balsamic vinegar
- 1 tsp maple extract
- 1 lb Brussels sprouts, washed, trimmed, and cut in half
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp red pepper flakes (optional)

### Instructions

1. Cook bacon in a large skillet over medium heat until crisp. Remove with a slotted spoon onto a paper towel-lined plate and reserve 2 tbsp of the grease in the pan.
2. In a small saucepan, combine [Swerve](#) and water. Bring to a boil over medium heat, stirring frequently. Cook until mixture darkens to amber, about 5 to 7 minutes, watching carefully so that it doesn't burn. Remove from heat and stir in vinegar and maple extract.
3. Bring pan with reserved bacon grease back to medium heat. Add Brussels sprouts and cook until bright green, tender, and browned in spots, 4 to 5 minutes. Stir in bacon bits and maple mixture and toss to coat. Season to taste with salt, pepper, and red pepper flakes.

***Makes 4 to 6 servings.***

# Andes Mint Cups

## Ingredients

### Mint Layer

- 1 cup coconut butter
- ¼ cup [Swerve Confectioners](#)
- 1.5 teaspoons mint extract
- 5-10 drops natural green food color

### Chocolate Layer

- 1 cup sugar-free chocolate chips
- 2 teaspoons coconut oil

## Instructions

1. Place 12 silicone or paper muffin liners in a muffin tin.
2. Melt the coconut butter in a medium bowl in the microwave for about 1 minute or until liquidy. Mix in [Swerve Confectioners](#) mint extract, and food coloring. Divide the coconut butter between 12 muffin cups and place in the refrigerator just until set, about 20 minutes.
3. Melt the chocolate chips and the coconut oil in a small bowl in the microwave in 30 second increments until smooth. Divide the chocolate between the 12 muffin cups. Return to freezer for 40 minutes or until set. Once frozen you can remove from liners and store in an airtight container in the refrigerator or freezer.

# Irish Boozy Cupcakes

## Ingredients

### Cupcakes

- 1 cup Guinness beer
- 1 cup unsalted butter
- 2 cups Swerve Granular
- 3/4 cup cocoa powder unsweetened
- 1 Tablespoon dry espresso powder
- 2/3 cup sour cream
- 2 eggs large, at room temperature
- 2 tbsp vanilla extract
- 2 cup all-purpose flour
- 2 and 1/2 tsp baking soda
- 1/2 teaspoon salt

## Instructions

### Cupcakes

1. Preheat oven to 350 degrees
2. Prepare cupcake tin by adding cupcake liners.
3. In a medium saucepan on low heat, combine beer & butter. Keep on low until butter dissolves.
4. Once butter is melted, slowly whisk in Swerve, cocoa and espresso until they have completely dissolved.
5. Set mixture aside and allow to cool for at least 5 minutes (room temperature is fine but no hotter) In the meantime, sift together flour, baking soda and salt in a small bowl, then set aside.
6. Mix together sour cream, vanilla, and eggs.
7. Beat on low until combined then slowly blend the chocolate mixture into the sour cream and eggs, keeping mixer speed on low.
8. Add flour one cup at a time and mix on medium speed until well blended but do not overmix.
9. Pour cupcake mixture into the prepared cupcake lines to about 3/4 full.

### Frosting

- 2 sticks butter
- 1 1/2 cups Swerve, Confectioners
- 1 tsp vanilla
- 4 Tablespoons Jameson Irish Whiskey

### Frosting

1. Cream the softened butter in the bowl of a mixer.
2. Gradually add the Swerve Confectioners and mix until well combined.
3. Add the vanilla and mix thoroughly.
4. Add the Irish Whiskey One Tablespoon at a time and combine thoroughly.
5. Spread on cupcakes with a knife or offset spatula or pipe using a piping bag and tip.

10. Bake for 15-18 minutes or until a toothpick insert into the middle comes out clean. 15 min. Was perfect for my oven.
11. Cool cupcakes in the pan for about 10 minutes, then remove them to a wire rack to finish cooling.