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Simply Delish™

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TASTED SO DELICIOUS**

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Kroger

RECIPE EBOOK

EDITION 5



STRAWBERRY BANANA PUDDING SMOOTHIE RECIPE

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

3

MINUTES

SETTING TIME

0

HOURS

SERVINGS

1

RECIPE BY



@klean.kate

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QUICK
& EASY!

INGREDIENTS:

- 1 cup frozen strawberry and banana mix
- 1 cup milk of choice
- 1/2 sachet Simply Delish banana pudding mix

INSTRUCTIONS:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve in a glass and enjoy!



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BERRIES & CREAM JEL SHOTS

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

10

MINUTES

SETTING TIME

2

HOURS

SERVINGS

3

RECIPE BY



@klean.kate

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QUICK
& EASY!

INGREDIENTS:

- 1 package of strawberries, washed
- Container of @kroger whipped topping
- 1 sachet Simply Delish Strawberry Jel
- Optional: 1/3 cup alcohol of choice (substitute for cold water when making jel).

INSTRUCTIONS:

1. Start by cutting the stems and bottom tips off of the strawberries so they can stand upright on a flat surface
2. Use a paring knife to hollow out the inside of each strawberry, but still leaving some at the bottom so the jel will not leak through.
3. Make Strawberry Jel according to box instructions.
4. Fill each strawberry cup with the gel mixture. Refrigerate strawberries for a couple of hours until set.
5. Remove from fridge and top with whipped topping to serve.



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YOGURT PUDDING BREAKFAST BOWL

LOW SUGAR, VEGAN (OPTIONAL)

PREPPING

10

MINUTES

SETTING TIME

0

HOURS

SERVINGS

4

RECIPE BY



@klean.kate

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QUICK
& EASY!

INGREDIENTS:

- 1 32 oz container plain yogurt of choice (dairy or non dairy)
- 1 sachet Simply Delish Strawberry pudding mix
- 2 cups granola
- 1 cup frozen blueberries or other fruit

INSTRUCTIONS:

1. Whisk the pudding mix into plain yogurt until thickened and smooth. If making 1 serving, only use 1/4 sachet of pudding mix per 1 cup yogurt serving.
2. Divide into serving bowls, top with granola and fruit, and serve.



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LAYERED CHOCOLATE PUDDING WAFFLES

SUGAR FREE, KETO FRIENDLY & VEGAN

PREPPING

10

MINUTES

SETTING TIME

0

HOURS

SERVINGS

2

RECIPE BY



@klean.kate

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QUICK
& EASY!

INGREDIENTS:

- 1 sachet Simply Delish Chocolate Pudding
- 1 1/4 cup of oat milk
- 1 box gluten free blueberry frozen waffles

INSTRUCTIONS:

1. Start by toasting frozen waffles in toaster until golden brown
2. Make chocolate pudding according to box instructions and allow to thicken in fridge for 5 minutes
3. Layer pudding in between waffles and grate chocolate over top to serve.



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RASPBERRY PEACH SPARKLING WATER

SUGAR FREE, KETO FRIENDLY & VEGAN

PREPPING

1

MINUTE

SETTING TIME

0

HOURS

SERVINGS

1

RECIPE BY



@klean.kate

CLICK HANDLE TO VIEW PROFILE

QUICK & EASY!

INGREDIENTS:

- 1 bottle of sparkling mineral water
- 1 tsp each of Simply Delish Raspberry and Peach Jel sachets (add more for sweeter)
- Ice

INSTRUCTIONS:

1. Add ice to a serving cup and pour sparkling mineral water over it
2. Sprinkle in jels and mix thoroughly with a straw or whisk until no clumps remain
3. Serve immediately & enjoy.



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GUILT-FREE DESSERTS

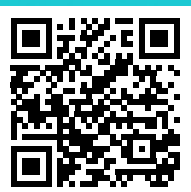
ZERO SUGAR, PLANT-BASED & KETO

WE WE CANNOT WAIT TO SEE YOUR CREATIONS!

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AS SEEN IN Forbes



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