

CARROT CAKE SMOOTHIE

Ingredients

- 3/4 cup baby food carrots
- 1/2 cup frozen pineapple chunks
- 1/3 cup skim milk
- 1/2 cup non-fat, light vanilla yogurt
- 1/2 tsp coconut extract
- Dash of cinnamon and nutmeg
- 1/2 cup ice
- Artificial sweetener to taste

Directions

1. Place the ice, carrots and pineapple chunks in the bottom of a blender. Top with the milk. Add remaining ingredients.
2. Puree until smooth and frosty, adding more ice if necessary to achieve a milkshake-like consistency.

Yields: 2 servings
Calories: 90
Fat: 0 g
Protein: 4 g
Carb: 18 g (2 g fiber)

YOGURT BERRY SMOOTHIE

Ingredients

- 1/2 cup of non-fat, light vanilla yogurt.
- 1 cup frozen, mixed berries
- 1/2 cup Better n' Eggs All Whites (not fresh eggs)
- 1/2 cup ice

Directions

1. Place all ingredients in the blender and blend for 30-60 seconds or until smooth.

Yield: 1 serving (not 2 like the video says. If you split it into two, halve the nutrition)
Calories: 150
Fat: 0 g
Protein: 17 g
Carbs: 18 g (1 g fiber)

The basic fruit smoothie recipe is 2 cups ice cubes, 1 cup light yogurt, 1/2-1 cup fruit, and an option of up to 1/2 cup fruit juice or skim milk.

You can also try these variations: strawberry and banana with vanilla yogurt; unsweet, dark cherries or cherry yogurt and cocoa powder; Kiwi, mango, pineapple with fruit flavored yogurt; Lemon yogurt and raspberries.

To add some fiber, try adding 2 Tbsp ground flax seed or 1/4 cup Fiber one cereal.

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