

CHACE'S CAULIFLOWER MASH

Ingredients

- 1 head cauliflower, rinsed, trimmed and cut into 2-3" chunks
- 1-2 shallots, sliced
- 2 tsp olive oil
- 1 1/2 cups broth, chicken or vegetable
- 2 oz fat-free cream cheese
- salt and pepper to taste
- 1 ounce grated fat free or reduced fat cheese for garnish. Cheddar, feta or parmesan work well

Directions

Sauté shallots in olive oil in a 4 qt. pan, until soft but not browned. Add cauliflower and broth, cover pan, reduce heat and simmer 10 minutes, until soft. Remove from heat and cool slightly (10-20 minutes.) Place cauliflower and cream cheese in blender. Do not fill blender more than 2/3 full! Cover with lid and puree until smooth. Carefully remove lid and add salt and pepper to taste. Divide into 4 servings and garnish with grated cheese.

Nutrition Facts	
Serving Size (221g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat --g	
Cholesterol 5mg	2%
Sodium 360mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 8g	

Chace recommends these options: "Add chopped jalapeño or garlic to shallots or use as a garnish. Molly McButter or McCheddar sprinkles or I Can't Believe It's Not Butter spray add extra flavor".

REBECCA'S P-NUT BUTTER CRUNCH

Ingredients

- 1 Quaker rice cake, plain
- 1 Tbsp Smucker's Natural creamy peanut butter
- 1 Tbsp Polander Strawberry All Fruit
- 1 Tbsp dry roasted sunflower seeds
- Cinnamon

Directions

Spread peanut butter on top of rice cake, followed by All Fruit and then sprinkle seeds and cinnamon on top. Yum!

Nutrition Facts	
Serving Size (53g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 7g	

Debbie the Dietitian doesn't worry about the high fat content of this crunchy treat since the fat is mostly heart-healthy unsaturated fat. And the sugar is natural sugar from the strawberry spread.

RECIPES



For eating well after bariatric surgery



To view more recipes or submit your own, visit www.mushealth.com/weightlossurgery