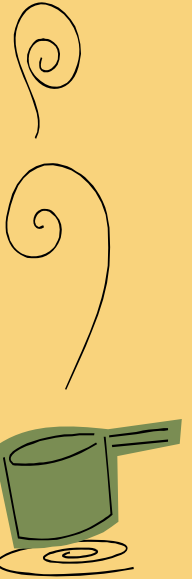


RECIPES



For eating well
after bariatric
surgery

DENISE'S SUGAR FREE STRAWBERRY MUFFINS

Ingredients:

- 1 1/3 c. all-purpose flour
- 1 c. quick oats
- 2 packets Sweet & Low
- 1 Tbsp. baking powder
- 1/2 tsp. cinnamon
- 1 c. skim milk
- 2 egg whites
- 3 Tbsp. vegetable oil
- 1 c. fresh or frozen strawberries, chopped

Directions:

1. Heat oven to 425 degrees.
2. Spray medium muffin cups with cooking spray.
3. Combine dry ingredients (flour, oats, Sweet & Low, baking powder, cinnamon).
4. Add milk, egg whites, and vegetable oil.
5. Stir just until dry ingredients are moistened.
6. Fold in strawberries.
7. Fill muffin cups 2/3 full.
8. Bake 25-30 minutes or until golden brown.
9. Serve warm!

Yields: 12 medium-sized muffins

Calories: 130

Fat: 4 g

Protein: 6 g

Carbs: 18 g (1 g fiber)

Try using whole wheat flour for more fiber, and any type of berry in season!



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www.muschealth.com/weightlossurgery