

## EVELYN'S BANANA SHAKE

### Ingredients

- 1 banana
- 1 tsp wheat germ
- ¼ cup egg beaters
- 1 cup low-fat milk

### Directions

Whirl everything in a blender. Add ice chips if desired.

Yields: 1 serving  
Calories: 250  
Fat: 2.5 g  
Protein: 18 g  
Carb: 42 g (4 g fiber)

*Evelyn's mom made this shake for her when she was a kid and is enjoying making it for her again now!*

## SUSAN'S LITE GODDESS DRESSING

### Ingredients

- 6 ounces lite firm silken tofu (1/2 pkg. of Mori-Nu)
- 1/4 cup water
- 1 1/2 tablespoons cider vinegar
- 2 tablespoons lemon juice
- 2 teaspoons low-sodium soy sauce
- 1/2 teaspoon salt
- 1/4 teaspoon sesame oil
- 1 tablespoon tahini
- 2 green onions, white parts removed, chopped
- 1 tablespoon chopped fresh parsley, packed
- 1 large clove garlic

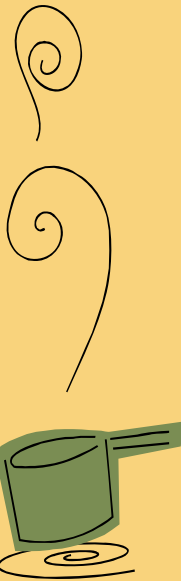
### Directions

Place all ingredients in blender and process until smooth. (The Magic Bullet worked well for this.)

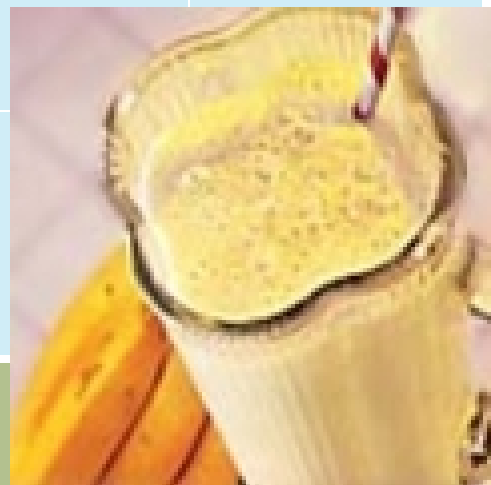
Yields: 10 servings, 2 Tbsp each  
Calories: 20  
Fat: 1 g  
Protein: 1 g  
Carb: 1 g (0 g fiber)

*If you want a stronger taste, increase the amount of tahini (sesame seed paste) and/or sesame oil. Just beware that that will increase the fat and calories.*

## RECIPES



*For eating well after bariatric surgery*



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