

JULIA'S PUREED HEUVEOS RANCHEROS

Ingredients

- . 1/3 cup fat free refried beans
- . 1/8 cup egg beaters
- . 1 tsp cottage cheese
- . 1 or 2 Tbs salsa (keep a jar of blended salsa in the fridge)

Directions

1. Spread refried beans in microwaveable small bowl, making a well in the middle.
2. Put eggs in well, top with cottage cheese and spoon salsa around.
3. Microwave 1 minute and stir eggs and cheese mixture.
4. Microwave another minute.

Yields: 1 serving

Calories: 90

Fat: 0 g

Protein: 8 g

Carb: 12 g (4 g fiber)

RECIPES



For eating well
after bariatric
surgery

This is a great choice on the pureed diet because of the fiber boost!



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