

SHARON'S MANGO-GINGER SMOOTHIE

Ingredients

- 2 ripe mangoes (about 3/4 pound each) or 1 mango and 1 banana
- 2 pieces crystallized ginger, about 1 ounce
- 1 cup lowfat buttermilk
- One 8-ounce container lowfat, light vanilla yogurt
- Handful of chipped ice

Directions

To cut mango into pieces, stand it on end and slice the flesh off both sides of the central pit. Lay each half on a cutting board and with the tip of your knife, score the flesh in a cross-hatch pattern. Pushing from the skin side, turn inside out so that the mango flesh pops up; slice it off the skin. Also cut off the remaining flesh from around the pit and remove the skin.

In a blender, puree the fruit and ginger, scraping down the sides as necessary. Add the buttermilk, yogurt and ice and puree until smooth and frothy.

Yields: 4 servings
Calories: 120
Fat: 1 g
Protein: 4 g
Carb: 25 g (2 g fiber)

JENN'S ITALIAN CHEESE

Ingredients

- 1/4 cup fat-free cottage cheese
- 3 Tbsp marinara sauce
- 3 Tbsp frozen chopped spinach, thawed
- 1/4 cup shredded mozzarella cheese (low fat/part skim)

Colavita makes a no added sugar marinara sauce.

Directions

Mix ingredients and microwave until cheese is melted. It tastes just like lasagna!

Yields: 1 serving
Calories: 160
Fat: 6 g
Protein: 17 g
Carb: 9 g (2 g fiber)

RECIPES



*For eating well
after bariatric
surgery*



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