

# HEALTHFUL TIPS

## Summertime Treats

### Recipes

There is no need to forgo your favorite summertime treats because you've had weight loss surgery. Just make a few alterations and enjoy these good-for-you replacements.

### Strawberry Chocolate Cheesecake Ice Cream

- 1 cup strawberries, fresh or frozen thawed
- 2 tablespoons cream cheese
- 2 tablespoon Walden Farms calorie-free chocolate syrup
- 1 cup skim milk
- 2 scoops Matrix Simply Vanilla Protein Powder (or another vanilla protein powder)
- Strawberry slices for garnish if desired.

Add all ingredients to a blender and blend until smooth. Use an ice cream maker and follow the instructions for freezing. Makes 2 servings.

**Nutrition information per serving:** 113 calories, 14 grams protein, 3 grams fat, 8 grams carbohydrate, 98 mg sodium.

### Oat Squares

- 1 single serving container Dannon Oikos Triple Zero vanilla yogurt
- 1/4 cup skim milk
- 1/2 cup cocoa powder, unsweetened
- 1/2 cup rolled oats
- 1/2 cup stevia
- 1 egg
- 1/2 cup applesauce
- 1 teaspoon baking powder
- 1 pinch salt

Preheat the oven to 400°F. Grease a square 8 x 8 baking dish. Combine all ingredients in a blender and blend until smooth. Pour into the prepared dish. Bake for 15 minutes. Allow to cool. Cut into 9 servings.

**Nutrition information per serving:** 57 calories, 4 grams protein, 2 grams fat, 12 grams carbohydrate, 69 mg sodium.

### Pudding Pops

- 1 four-serving size pkg. instant sugar-free chocolate pudding mix
- 1 four-serving size pkg. instant sugar-free banana cream, vanilla or pistachio pudding mix
- 4 cups evaporated nonfat milk
- 16 three-oz disposable plastic drink cups
- 16 wooden craft sticks

Stand up sixteen 3-oz disposable plastic drink cups in a 9 x 13 inch baking pan and set aside. Blend together chocolate pudding mix and 2 cups of evaporated milk in medium bowl for 2 minutes with hand mixer. Spoon 2 tablespoons into each drink cup, cover with foil and freeze for 1 hour.

1 hour later, mix the second package of pudding mix following the previous instructions and spoon on top of the frozen chocolate pudding. Cover each cup with a piece of foil and make a small hole in the center of the foil to insert the wooden stick.

Place cups back in freezer for 4-6 hours until firm. When ready to serve, let stand for 15-20 minutes at room temperature then remove plastic cup. Makes 16 servings.

**Nutrition information per serving:** 38 calories, 5 grams protein, 0 grams fat, 10 grams carbohydrate, 229 mg sodium.

### Glimmer Grapes

- 1 pound seedless green grapes, de-stemmed and washed
- 1 four-serving size box sugar-free gelatin, watermelon or other flavor
- 1 four-serving size box sugar-free gelatin, lemon or other flavor



Put all ingredients in releasable plastic bag and shake. Place in bowl or on serving plate. Refrigerate 1 hour.