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MIDWEST
BARIATRIC
SOLUTIONS

Recipe: Grain Free Hot Cereal

(Low Carb Pumpkin "Oatmeal")



Ingredients:

- ½ cup Ricotta (Frigo part-skim)
- ¼ cup plain canned pumpkin
- ¼ cup Egg Beaters (you can use egg whites or one whole egg if you like)
- Dash of salt, few drops of vanilla, pumpkin pie spice or cinnamon, sweetener to taste (NuNaturals Stevia drops, which is the only Stevia that doesn't taste bitter)

Nutritional Information:

Calories: 230 Fiber: 2.5 g
Fat: 12 g Protein: 19 g
Carbs: 13 g



Directions:

Put the Ricotta in a small saucepan and add just enough water to make it easy to whisk (about 2-3 Tbsp). Add everything else and whisk well, especially if you are using a whole egg. Cook over medium heat, whisking, until the mixture thickens and turns a little grainy. Simmer and keep whisking for about 5 minutes. Put in a bowl, add any desired toppings and eat!

As an option top with one tablespoon of sliced almonds and a little unsweetened vanilla almond milk.

The flavor is like pumpkin pie if you use pumpkin pie spices. The texture is similar to that of cream of wheat: smooth, creamy, slightly grainy in a cereal-like way. A great way to keep full until noon.