

Support Group Minutes 10/11/18

- **Marie Smith, RD came to provide the group with tips about “Holiday Eating”**
 - Holiday Eating presentation/slideshow
 - Challenges
 - Making cookies/candy
 - Really think about what you are putting in your mouth (mindful eating)
 - “Nothing feels as good as healthy feels”
 - Eating too fast
 - Use a baby spoon or timer
 - She provided the recipes below
- Discussion surrounding walks/runs to sign up for as a team- we can discuss more at the October support group
 - Some upcoming walks/runs in the area:
 - 10/20/18 Africa Hope Run (De Pere, WI)
 - 10/21/18 Making Strides of Green Bay (Lombardi Ave, Green Bay)
 - 10/28/18 Hot Cider Hustle (Downtown Green Bay)** Jessica/Mary will most likely be able to attend this date if others are interested
 - 12/1/18 Jingle Bell Run (Kress Center, Green Bay)** Jessica/Mary will most likely be able to attend this date if others are interested
- Recipes

Pumpkin Whip - Bariatric Sweet Treat

Ingredients

15 oz unsweetened canned pumpkin puree
5 oz 0% fat, plain Greek yogurt
1 package sugar free vanilla pudding mix
1/4 tsp pumpkin pie spice
1/4 tsp cinnamon
1 (8 oz) container light whipped topping

Instructions

1. Add all ingredients except the whipped topping to to a medium mixing bowl.
2. Using a rubber spatula, stir ingredients for a few minutes until well incorporated.
3. Fold in whipped topping. Refrigerate until serving. Scoop 1/4 cup pumpkin whip into small ramekin and enjoy.

Recipe Notes

This recipe makes 14 servings, each serving is 1/4 cup. One serving provides an estimated 1 gram protein, 12 grams carbohydrate and 2 grams fat.*Add unflavored protein powder to increase protein content!

Candy Cane Protein Shake! Bariatric Surgery Recipes

Ingredients

- 2 cups ice
- 1 scoop vanilla whey protein powder
- 1/2 cup low-fat cottage cheese
- 3/4 cup light almond milk

- 1 tbsp sweetener
- 1/2 tsp peppermint extract **adjust per your liking
- light whipped topping

Instructions

1. Blend together and serve with light whipped cream!

Lightened Up Deviled Eggs

Ingredients

- 12 eggs
- ½ C + 2 tbsp 0% plain Greek yogurt (I used Chobani)
- 1½ tsp yellow or djon mustard
- 1½ tsp white vinegar
- 1½ tsp finely chopped chives
- ¼ tsp white pepper
- salt and pepper, to taste
- paprika, for garnish

Instructions

1. Place eggs in a single layer in a large saucepan. Add enough water to cover eggs by about 2 inches. Bring water to a rolling boil over medium-high. Remove from heat. Cover with lid and let sit for 12 minutes. (Do not let them sit longer than 12 minutes.)
2. Remove eggs to a bowl of ice water. When eggs have cooled, remove shell and slice in half lengthwise.
3. Remove egg yolks to a bowl and arrange egg white on a plate cut side up.
4. Mix together yolks, yogurt, mustard, vinegar, chives, white pepper, salt and pepper until creamy.
5. Spoon or pipe yolk mixture into egg whites. Sprinkle with paprika. Store in the refrigerator until ready to serve.