



Nutrition Therapy & Counseling
of Doylestown Hospital

Gruffles

- 1/2 cup Natural Peanut Butter, unsalted at room temperature
 - 1/2 cup liquid Honey
 - 1/8 tsp Salt
 - 1 1/2 cup Granola (more as needed)
 - 1/2 cup Chocolate Chips
 - 1/3 cup Dried Cranberries
 - 1/2 cup Dried Coconut, finely grated, unsweetened
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1. Cover a cookie sheet with waxed paper or plastic wrap. Set aside.
 2. Place peanut butter in a bowl of food processor. Pour honey on top and sprinkle with salt. Blend until smooth.
 3. Add Granola and chocolate chips. Process until mixture begins to form a mass, about 30 seconds. If mixture doesn't form a mass, add 1-2 heaping Tbsp more granola and process a few seconds longer. Stir in cranberries.
 4. Spread coconut out on a plate. Place a heaping tsp of granola mixture in your palm and roll into a ball. Roll ball in coconut to coat. Proceed with remaining mixture, setting "bites" about 1/2 inch apart on waxed paper as you go.
 5. Refrigerate until chilled, about 40 minutes. If not using immediately, refrigerate in a closed container in layers divided by waxed paper for up to 1 week.

Quinoa Pizza Bites

Makes 40 Bites

Ingredients:

- 2 cups cooked quinoa
- 2 large eggs
- 1 cup chopped onion
- 1 cup reduced-fat shredded mozzarella cheese
- 2 tsp minced garlic
- 1/2 cup fresh basil, chopped (or 2 Tbsp dried)
- 1/2 cup cherry tomatoes
- 1/2 tsp seasoning salt
- 1 tsp paprika
- 1 tsp dried crushed oregano
- Pizza sauce for dipping

Preheat oven to 350 degrees. Mix together all ingredients in a mixing bowl, except pizza sauce. Distribute mixture in greased mini muffin pan, filling each cup to the top (about 1 heaping tablespoon). Press down gently to compact each bite. Bake for 15-20 minutes. Serve with warmed pizza sauce for dipping.

Optional: Add your favorite pizza "topping" like cut up onions, peppers, or broccoli for added vegetables.

Per 5 bites:

1 Starch

1 Protein

DOYLESTOWN HOSPITAL

Weight to Lose

HOLISTIC WEIGHT MANAGEMENT PROGRAM





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Grapefruit Kale Salad

- 1 bunch kale
- 1 Tbsp olive oil
- Sea salt
- 1 lime
- 1 teaspoon balsamic vinegar
- 1 grapefruit, sliced and chopped

Chop the kale into thin ribbons. Drizzle the olive oil onto the kale and then massage the kale with your hands. Sprinkle with salt, then add lime juice and vinegar. Add grapefruit to kale and toss salad. Allow to sit for 15 minutes so that kale softens and flavors integrate.

Food As Medicine Fact

Grapefruit contains pectin, a form of soluble fiber that has been shown in animal studies to slow down the progression of atherosclerosis. Choose red grapefruit for the most cholesterol and triglyceride lowering effects.

Chia Seed Pudding with Coconut, Pistachio and Dried Cherries

Serves: 4-6

Ingredients:

2 1/4 cups unsweetened almond milk
1/4 teaspoon almond extract (or vanilla, if you prefer)
1/2 teaspoon ginger powder
2 tablespoons honey + 1 tablespoon for drizzling on top
2/3 cup chia seeds
1/2 teaspoon orange zest
2 tablespoons chopped dried cherries
2 tablespoons chopped raw pistachios
2 tablespoons wide-flake unsweetened coconut

Preparation:

In a small bowl, combine the almond milk and the honey, vanilla, and ginger powder and whisk to combine. Add the chia seeds and orange zest and whisk vigorously to fully combine. Pour into a container, cover, and refrigerate at least 5 hours, and ideally overnight.

When ready to serve, stir well. Spoon into bowls and top with cherries, pistachios, and coconut; drizzle with a bit of honey.

1 Starch

4 Unsaturated Fats

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