

Blended/Pureed Recipes

Blended Buffalo Chicken

Ingredients:

- 1 can of chicken
- 1 Tbsp. low-fat blue cheese crumbles
- 2 Tbsp. light ranch dressing
- 1 tsp. buffalo sauce
- salt & pepper, to taste

Directions: Place all ingredients in a blender and puree until smooth.

Cheesecake Protein Pudding

Ingredients:

- 1 cup plain Greek yogurt
- 1 scoop Bari-Clear/ Bari-essentials Vanilla Protein Powder
- 1 pkg sugar-free cheesecake pudding mix

Directions: Combine all ingredients in a blender and puree until smooth.

No Noodle Cheese Lasagna

Ingredients:

- 3/4 cup fat free or 2% cottage/ricotta cheese
- 1/4 cup marinara or spaghetti sauce
- 1/4 tsp oregano
- 1/4 tsp basil
- 2 egg whites
- 1/4 cup 2% milk mozzarella cheese

Directions: Mix cottage/ricotta cheese, egg whites, oregano, basil together and place in an oven proof dish. Pour marinara on top of mixture and top with mozzarella cheese. Bake it in the oven @ 450 for about 20 minutes or heat in the microwave until hot and bubbly.

Lemon Ricotta Creme

Ingredients:

- 1- 15 oz. container of low-fat/fat-free ricotta cheese
- zest of one lemon (or orange)
- 1-2 tsp. lemon extract (or orange extract)
- 1 1/2 teaspoons of vanilla extract
- 4 packets of Splenda

Directions: Place all ingredients in a blender and puree until smooth.

Pintos and Cheese

Ingredients:

- 1 can of Pinto beans with onion
- 2 tbsp. shredded 2% milk cheddar cheese
- 1-2 Tbsp. low-sugar enchilada sauce
- 1 scoop Bari Clear Protein Powder

Directions: Place pinto beans with onions, enchilada sauce, and Bari-Clear into a blender and puree until smooth. Pour into dish and cover with 2 tbsp. of shredded 2% milk cheddar cheese. Microwave mixture for 90 seconds or until heated through and bubbly – stir well to combine the cheese.

Squash Casserole

Ingredients:

- 1 can of squash with vidalia onion
 - 2 Tbsp. of fat-free cream cheese
 - 1/2 tsp of garlic powder
 - salt & pepper, to taste
 - 1-2 tsp butter buds
 - 1 Tbsp. shredded 2% milk cheddar cheese
 - 1 scoop of Bari-Clear Protein Powder
- Directions: Place all ingredients in a blender and puree until smooth, pour into dish, and microwave for 90 seconds or until heated through and bubbly.

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Parmesan Garlic Cauliflower

Ingredients:

- 1 bag of cauliflower florets
- 1 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 cup of shredded mozzarella cheese
- 1/4 cup of parmesan cheese
- 1/4 cup of milk
- 1 Tbsp. Bari-Clear Protein Powder

Directions: Place cauliflower, garlic powder, salt, black pepper, parmesan cheese, milk, and Bari-Clear into a blender and blend until smooth. Pour mixture into a casserole dish and top with 1/4 cup of 2% milk mozzarella cheese; microwave for 90 seconds.

Caramel Pumpkin Pudding Jars

- 6 - 4 oz. jars (or clear cups)
- 1 3/4 cups Premier Protein Ready to Drink Caramel Shake, chilled
- 1 - 1 oz. small package Sugar-Free Vanilla Instant Pudding Mix (dry)
- 1/4 cup Pumpkin Puree
- 1/2 teaspoon Pumpkin Pie Spice

Directions: Pour the chilled shakes, pumpkin, spice and pudding mix into a shaker bottle. Shake for 3 minutes or until thickened slightly and place in the fridge for about 5 minutes to thicken further. Spoon the protein pudding into each jar.

Senate Bean Soup

- 2 cans White Beans, rinsed and drained
- 1 Yellow Onion, diced
- 2 Green Onions, diced
- 3/4 cup Cooked Ham, cubed
- 1/4 teaspoon Rosemary, dried

a few twists of Black Pepper

3 cups Chicken Broth

Parmesan cheese, shaved for top

Directions: Saute onions in a drizzle of olive oil till golden. Add ham and seasonings and cook about 1 minute more. Add beans and broth and simmer for 20 minutes covered. Puree soup. Simmer 10 minutes longer. [Serve with a shaving of Parmesan cheese.]

High Protein Pudding

- 16 oz. cottage cheese
- 1 package sf pudding mix
- 1 scoop Protein powder
- 4 tbsp ff milk
- 8 oz. ff or sf cool whip

Directions: Mix first 4 ingredients in food processor until smooth, then fold in whipped topping. Chill and serve. 20-25 grams of Protein per 1/2 c serving.