

CHOLESTEROL REDUCING RECIPES

White Bean and Veggie Salad – Serves 1

INGREDIENTS:

2 cups mixed salad greens
3/4 cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
1/3 cup canned white beans, rinsed and drained
1/2 avocado, diced
1 tablespoon red-wine vinegar
2 teaspoons extra-virgin olive oil
1/4 teaspoon kosher salt
freshly ground pepper to taste

PREPARATION:

Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate.

SIZE: 4 cups; Calories 360; Fat 25g (sat fat: 4g); Sodium 321mg; Carbohydrate 30g; Fiber 13g; Protein 10g, Cholesterol 0mg

Cocoa Almond Smoothie – Serves 1-2

INGREDIENTS:

1/2 frozen banana
2 tablespoons unsweetened cocoa powder (baking section)
1-2 teaspoon maple syrup
2 tablespoons almond butter
1/2 -3/4 cup almond milk (unsweetened)
3 - 4 ice cubes

PREPARATION:

In a Blender (Vitamix or NutriBullet), place frozen items on the bottom; blend.

SIZE: 1 cup; Calories 200; Fat 13g; Protein 6g; Cholesterol 0mg; Sodium 40mg; Fiber 5g; Carbohydrate 21g

