

Strawberry Raspberry Soup (makes 12 small servings)

A fabulous cold berry soup that is high in vitamin C and potassium, as well as, a good source of fiber.

Ingredients

1 quart fresh strawberries, halved
3 cups fresh raspberries or 1 (12-ounce) package frozen raspberries, drained
½ cup plus 2/3 cup apple juice, divided
1 8/4 cup sugar
2 tablespoons cornstarch
1 cup water
1 tablespoon lemon juice
¾ cup plain yogurt
1 ½ teaspoons powdered sugar
½ teaspoon vanilla extract

1. Place strawberries, raspberries, ½ cup apple juice, and sugar in a saucepan and let stand 15 minutes. Heat over low heat until boiling.
2. Mix together the cornstarch and water, and stir into fruit mixture. Boil over low heat, stirring constantly, until fruits soften and soup is clear and thickened.
3. Remove from heat and stir in lemon juice. Chill.
4. Before serving add remaining 2/3 cup apple juice to make soup consistency, or more if needed.
5. In a small bowl, combine yogurt, powdered sugar, and vanilla. Serve soup in small bowls and top each with a tablespoon of yogurt mixture.

Adapted from: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



Sweet Potato Pancakes with Apple Walnut Topping (makes 18 pancakes)

Sweet potatoes are high in beta carotene, fiber, and vitamins.

Ingredients (pancakes)

6 cups shredded peeled sweet potatoes (yams)
¼ cup all-purpose flour
½ teaspoon baking powder
1/8 teaspoon ground cinnamon
1 tablespoon honey
1 large egg
2 large egg whites

Ingredients (apple walnut topping)

Combine all ingredients in a skillet and cook over medium-high heat, stirring until apples are tender and the brown sugar melts to form a syrup.

½ cup light brown sugar
1/3 cup chopped walnuts
2 baking apples, peeled, core and thinly sliced
1 tablespoon orange juice
1/8 teaspoon ground cinnamon

1. In a bowl, combine the shredded sweet potatoes, flour, baking powder, cinnamon, honey, egg, and egg whites with a fork until well blended.
2. Heat a nonstick skillet coated with nonstick cooking spray, and drop 2 tablespoons of batter (about 3 inches apart) into hot pan. Flatten slightly with spatula and cook pancakes over medium heat until golden on both sides.
3. Set cooked pancakes on a plate and serve with apple walnut topping.

Source: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



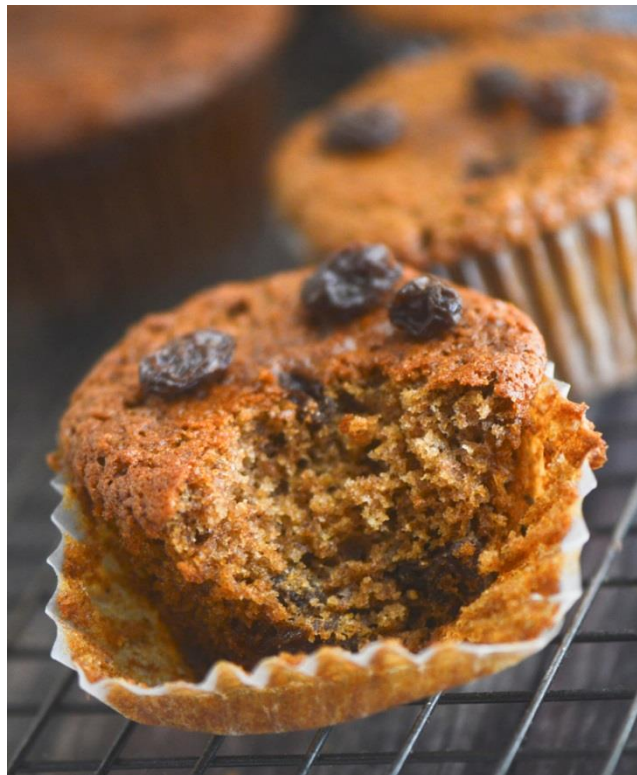
Raisin Bran Muffins (makes 24 muffins)
Easy breakfast muffins to stimulate the bowels.

Ingredients

1½ cups whole wheat flour
1 cup all-purpose flour
1 cup sugar
4½ cups raisin bran cereal
2½ teaspoons baking soda
1 teaspoon salt
2 cups buttermilk
2 large eggs slightly beaten, or 1 cup egg substitute
½ cup cooking oil

1. Preheat oven to 400°F. Mix together both types of flour, sugar, cereal, baking soda, and salt in a large mixing bowl.
2. Lightly beat buttermilk, eggs or egg substitute, and oil in a separate large mixing bowl.
3. Add dry ingredients to liquid ingredients and stir until just mixed (batter will not be smooth). Pour mixture into muffin pans sprayed with nonstick cooking spray. Bake for 18 to 20 minutes.

Source: Academy of Nutrition and Dietetics



Prune Pudding (makes 24- ¼ cup servings)

Try ¼ cup servings once or twice a day to alleviate constipation.

Ingredients

3 cups whole dried, pitted prunes (soaked in water until soft)

1 cup prune juice

1 cup plus 1 tablespoon applesauce

7 tablespoons bran cereal

1. Puree prunes and prune juice in a blender.
2. Add applesauce and bran cereal to blender. Blend well and refrigerate before serving.

Source: Academy of Nutrition and Dietetics



Fiber-Filled Trail Mix (makes 11 servings)

This mix is an easy and filling snack that also provides fiber and protein through a combination of dried fruits, seeds, and nuts.

Ingredients

- 2 cups air-popped popcorn
- 1 cup of granola
- ½ cup roasted peanuts or almonds
- ½ cup dried apricots
- ½ cup dried cherries or raisins
- ½ cup dried sweetened cranberries
- ½ cup sunflower seeds

1. In a container with an airtight lid, combine all ingredients.

Adapted from: American Cancer Society. What to Eat During Cancer Treatment.



Blueberry-Banana-Oatmeal Smoothie (makes 2 servings)

Blueberries are a good source of fiber and antioxidants.

Ingredients

1 tablespoon old-fashioned rolled oats

1 ripe banana

1 cup frozen blueberries, raspberries, or other fruit

1 (6-ounce) container of blueberry, strawberry, or vanilla yogurt

½ cup milk

1-2 tablespoons honey

Pinch of ground cinnamon

1. In a blender, puree the oats. Add the rest of the ingredients and blend until smooth. Serve immediately.

Adapted from: American Cancer Society. What to Eat During Cancer Treatment.



Chicken Salad (makes 6-8 servings)

Use leftover chicken to make this delicious salad filled with fruit and flavor.

Ingredients

3 cups cooked chicken breast, cut in chunks
1 cup chopped celery
3/2 pound red and green grapes
1/3 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon soy sauce
1 large apple, chopped
¼ cup pecans, toasted

1. In a large bowl, combine chicken, celery, and grapes.
2. In a small bowl, mix together mayonnaise, lemon juice, and soy sauce.
3. Toss dressing with chicken mixture. Refrigerate until serving. Just before serving, mix in apples and pecans.

Adapted from: American Cancer Society. What to Eat During Cancer Treatment.



Yam Veggie Wraps (makes 6 wraps)

A quick and wonderful flavor combo to replace a boring sandwich.

Ingredients

1 sweet potato (yam), peeled and shredded (about 1 cup)
½ cup chopped red onion
1 cup black beans, rinsed and drained
2 green onion, chopped
¼ cup sunflower seeds
2 tablespoons Italian or Caesar dressing
1 teaspoon honey
6 flour tortillas, warmed to soften

1. In a skillet coated with nonstick cooking spray, sauté shredded yams over medium high heat for about 5 minutes or until crisp and tender. Transfer to a bowl.
2. In same skillet, sauté red onion for about 5 minutes until tender. Add sautéed onion, black beans, green onions, and sunflower seeds to shredded yams, mixing well.
3. In a small bowl, mix together dressing and honey and toss with yam mixture to coat.
4. Fill tortillas with yam mixture and wrap.

Source: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.

