

Ginger-Mint Tea (makes 1 serving)

Ginger has long been thought to calm gastric distress. This recipe pairs ginger with mint tea for a soothing drink.

Ingredients

- 1 cup water
- 1 (1-inch) piece fresh ginger, peeled and thinly sliced
- 1 mint tea bag
- 1 tablespoon honey

1. In a saucepan over low heat, combine the water and ginger. Simmer for 5 minutes. Remove from heat, cover, and let steep for 5 minutes.
2. Strain into a mug and add the tea bag and honey. Let steep for another 3-5 minutes.

Source: American Cancer Society. What to Eat During Cancer Treatment.



Homemade Berry Frozen Yogurt (makes 6 servings)

Creamy, refreshing yogurt is just a few moments away with a food processor. Keep bags of frozen fruit in the freezer for times when a sweet, cool treat sounds like the perfect thing.

Ingredients

1 (16-ounce) package frozen strawberries or other berries

1 (6-ounce) container plain yogurt

1/3 cup plus 2 tablespoons confectioners sugar

1. Defrost the strawberries in a microwave over on 30 percent power for 45 seconds to 1 minute. They should still feel frozen.
2. In a food processor, combine the berries, yogurt, and confectioners sugar and process until smooth. Serve immediately.

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



French Toast with Nut Butter (makes 1 serving)

Ingredient

1 egg

1/3 cup of milk

2 slices of bread

¼ tablespoon butter

1 ½ tablespoons of any nut butter (peanut, almond, cashew, etc...)

Mixed berries

1. Beat egg and milk together in medium bowl.
2. Soak each slice of bread in egg mixture until well saturated.
3. In a large skillet over low-medium heat, melt butter. Add soaked bread to skillet and cook until browned. Flip over and repeat.
4. Serve with nut butter spread on top of each slice.
5. Sprinkle with mixed berries

Adapted from: Cooking through Cancer Treatment to Recovery.



Blueberry-Corn Mini Muffins (makes 24 mini muffins)

These not-too-sweet muffins get antioxidants through the addition of blueberries. If using frozen blueberries, use small ones and do not defrost first.

Ingredients

3/4 cup cornmeal

¼ cup all-purpose flour

3 tablespoons granulated sugar

1 ¼ teaspoons baking powder

1/ teaspoon salt

1 cup fresh or frozen blueberries

1 egg

3/5 cup buttermilk

¼ cup canola oil

1. Preheat the oven to 400 degrees. Coat mini muffin tin with nonstick cooking spray or fill with paper liners.
2. In a bowl, combine the cornmeal, flour, sugar, baking powder, and salt. Add the blueberries and stir gently to coat.
3. In a separate bowl, beat the egg. Add buttermilk and oil and stir to combine. Add the egg mixture to the dry ingredients and stir gently to incorporate. Spoon the batter evenly into muffin cups.
4. Bake for 15-27 minutes, or until the tops just bounce back when touched. Leave in the tins for 5 minutes before transferring to a cooling rack.

Source: American Cancer Society. What to Eat During Cancer Treatment.



Creamy Rice Pudding (makes 4 servings)

This classic dish is the chicken soup of desserts. If desired, add raisins, dried cherries, or other dried fruit. For added flavor, increase the amount of finely grated lemon or orange zest to 1 teaspoon.

Ingredients

½ cup white rice or Arborio rice

3-4 cups milk

1/3 cup granulated sugar (if you are sensitive to sweets, reduce to ¼ cup)

1/21 teaspoon finely grated lemon or orange zest

Pinch of salt

1 teaspoon vanilla extract

1/3 cup dried fruit

*Optional ground cinnamon

1. In a large saucepan over medium heat, bring the rice, 3 cups of milk, sugar, zest, and salt to a simmer, stirring occasionally. Reduce the heat and keep mixture at a gentle simmer for 35-40 minutes, stirring frequently, until the pudding thickens and the rice is tender. If the milk begins to form a skin on the surface of the pudding, just stir it in. If the pudding thickens and the rice is still too firm, add more milk ¼ cup at a time, until absorbed and the rice softens.
2. Add the vanilla and raisins and cook for an additional 5-10 minutes or until creamy and tender, stirring constantly. Serve warm or transfer to individual bowls and chill. Just before serving, sprinkle with cinnamon.

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



Fruity Gelatin (makes 8 servings)

For Delicate stomachs and sensitive mouths, a gelatin mold fits the bill, providing hydration and calories. Don't use apple juice or a tropical fruit mix-both could aggravate diarrhea.

Ingredients

2 (3-ounce, 4-serving) boxes flavored gelatin

2 cups boiling water

1 (15-ounce) can mixed fruit in 100% fruit juice

$\frac{3}{4}$ to 1 cup of 100% white grape juice, chilled

1. In a heat-proof bowl, stir the gelatin powder and boiling water until completely dissolved.
2. Drain canned fruit into a measuring cup, reserving fruit. Add enough grape juice to make 1 $\frac{1}{4}$ cups. Stir juice into the gelatin mixture and refrigerate for about 2 hours or until slightly thickened.
3. Add the reserved fruit and stir gently to incorporate. Pour into a lightly greased 4 to 6-cup mold. Refrigerate for 3 to 4 hours, or until firm.

Source: American Cancer Society. What to Eat During Cancer Treatment.

