

MNP RECIPES

Collected over the years from our patients

Please submit your own creations

- *Blending your flavor of choice with 8-10 oz of water with 5-6 ice cubes will give you a thick shake
- *Blending shake with 9-10 ice cubes with 12 oz of diet soda and no water will give the consistency of a slushie
- *Blending shake with just ice and no liquids will give you the consistency of soft serve ice cream
- *Experiment with different flavor extracts: Add pumpkin pie spice, cinnamon, or raspberry, strawberry or orange extract to your vanilla shake, or peppermint to your chocolate shake
- *Sugar-free, fat-free pudding mix adds a variety of flavors to your shakes as well: pistachio, cheesecake, butterscotch or margaritas, pina coladas, strawberry daiquiris, etc

MATZO BALL SOUP

- 1 packe MNP chicken soup
- 1/4 cup egg whites or egg beaters
- 1 tsp instant minced onion
- 1 tsp parsley flakes
- 1 tsp Lawry's special seasoning for chicken

Mix well and refrigerate for about 30 minutes

When dough has chilled, mix 2 cups water & 2 packets low sodium bouillon. Bring to boil.

Wet hands (may have to wet hands again after rolling 2 balls) and roll about 1 tspn of mixture into a ball and gently put into boiling broth.

Makes 5-7 balls.

Cover and let simmer for about 30 minutes

CURRIED CHICKEN SOUP

- 1 packe MNP chicken soup
- 12 ounce hot water
- 2 packa; very low sodium broth
- 1/4 tsp curry powder
- 1/2 tsp onion powder
- 1/2 tsp dried parsley

Mix in blender or with hand-held immersion blender.

Reheat in microwave for 1-2 minutes

CINNAMON VANILLA COOKIES

- 1/2 tsp ground cinnamon
- 1 packe MNP vanilla. Mix vanilla and cinnamon well
- 1/2 cup water

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx. 9 tbs size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for about 1 hour to allow cookies to dry

ALMOND VANILLA COOKIES

2 tbsp Torani sugar-free almond syrup
water to fill 1/2 cup
1 pack MNP vanilla

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for about 1 hour
to allow cookies to dry

CHOCOLATE CHOCOLATE COOKIES

2 tbsp Torani sugar-free chocolate syrup
Water to fill 1/2 cup
1 pack MNP chocolate

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for approx 1 hour
to allow cookies to dry

COFFEE VANILLA COOKIES

2 tbsp Torani sugar-free coffee syrup
1/2 tsp decaf coffee crystals
Very hot water to fill 1/2 cup. Make sure crystals are dissolved
1 pack MNP vanilla

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for approx 1 hour
to allow cookies to dry

COCONUT ALMOND FUDGE

1 pack MNP chocolate
3/4 cup cold water
3 or mo ice cubes
1/4 tsp coconut flavor
1/4 tsp almond flavor
1/2 pack artificial sweetener
Combine in blender and mix until smooth

POTATO PANCAKES "LATKES"

1 packe creamy potato
2 tsp egg whites (Just Whites is suggested)
1/8 tsp garlic powder
1/2 cup chicken bouillon
1/4 cup grated carrot
Pam cooking spray

Combine all ingredients except carrots. Use an electric mixer at high speed to blend.
Add carrots and beat another minute.

Pour mixture into a small shallow casserole (6 1/2 inch diameter suggested) that has
been coated with Pam.

Microwave on high for about 3 minutes.

May also 'fry' on a frying pan covered with Pam.

Some people have added psyllium to mixture to thicken it.

Top with salsa

POTATO PANCAKES

Heat water in tea kettle and heat frying pan coated with Pam on med-high heat.

In small bowl, add minced onions, dill seed, 2 tsp flax seed, garlic powder, turmeric.

Pour in about 1/4 C hot water and let sit for a couple minutes to hydrate the onions.

Add 2 packets of creamy potato soup and the other 1/2 C of hot water and stir until mixed.

Pour into preheated frying pan that has been sprayed with Pam.

Cook over med-high heat until firm on bottom, then turn over and cook the second side.

Turn out onto plate, sprinkle with Molly McButter cheese flavor and top with 2-3 T salsa.

TOMATO - POTATO CHIPS

1 packe MNP tomato
1 packe creamy potato
2 tsp hot taco seasoning powder
1 pinch salt
1 pinch garlic powder

Mix above ingredients thoroughly

1 cup water

Big pinc dried onion flakes (soak onion flakes in water for a few minutes)

Makes two batches, so add 1 tbsp water to remaining batter before preparing second
batch

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for approx 1 hour
to allow chips to dry

POTATO CHIPS

1 packe creamy potato
1 tsp taco seasoning

1/2 cup water

1-2 tsp Schilling parmesan herb seasoning (may substitute garlic salt to taste)

Mix ingredients

Spray an air bake cookie sheet with Pam & drop 9-12 blobs of mixture onto cookie sheet

Spread thin with the back of a spoon

Bake 25-30 minutes at 350 degrees. Chips will curl on edges when done

Recipe can be changed by changing seasoning...perhaps to BBQ seasoning

Chips come out thin and crispy...can be used for dipping in salsa

Best eaten when warm

MNP PUDDING

1 packe MNP vanilla, chocolate or strawberry

1/2 cup ice-cold water

1/2 tsp flavored extract (ie lemon, chocolate or your favorite flavor)

1-2 pack sweetener, to taste

Mix well and chill for 30 minutes

CAPPUCINO

1 packe MNP vanilla

1 cup hot water

1 tsp instant decaffeinated coffee

1/4 tsp rum flavor

1/8 tsp cinnamon

1/2 pack artificial sweetener

Combine in blender and mix until smooth

PINEAPPLE CRUSH

1 packe MNP vanilla

3/4 cup cold water

3 or mo ice cubes

1/4 tsp pineapple flavor

1/4 tsp coconut flavor

1/4 tsp almond flavor

1/2 pack artificial sweetener

Combine in blender and mix until smooth

VANILLA CRÈME

1 packe MNP vanilla

9 oz. diet cream soda

3 ice cubes

few dro vanilla extract

Combine in blender and mix until smooth

MOCHA SHAKE

1 packe MNP chocolate

6 oz. water

1 tsp unsweetened cocoa
1 tsp decaffeinated coffee
1-2 pack non-caloric sweetener
4 or more ice cubes

Blend on lowest speed, adding one ice cube at a time, until ice is thoroughly blended and smooth.

BERRY DELIGHT SHAKE

1 pack MNP vanilla
6 oz. water
1 tsp sugar-free mixed fruit gelatin mix
4 or more ice cubes

Blend on lowest speed, adding one ice cube at a time, until ice is thoroughly blended and smooth.

CHOCOLATE COOKIE SURPRISE

Combine in bowl:

1 pack potato soup
1 pack MNP chocolate
1 dash cinnamon

Torani syrup-in desired flavor, add enough to make a thick dough

*Grease plates with non-fat spray. Drop spoonfuls of dough on to 2 plates.

Microwave 2 minutes.

Makes two servings. Be sure to drink 8 ounces of water per serving.

CHEESY-TASTY CRACKERS

Combine in bowl:

1 pack potato soup
1 pack MNP chicken soup
1 pack MNP tomato soup

Minced onions

Sweet pickle relish

1 dash garlic powder
1 dash basil
1 dash Thai seasoning
1 dash Brag all-purpose seasoning

Walden Farms no-calorie salad dressing, in desired flavor (Caesar or ranch)-add enough to make thick dough

*Grease plates with non-fat spray. Drop spoonfuls of dough onto three plates.

Sprinkle top with parmesan cheese and basil

Microwave each plate for two minutes.

Makes three servings. Be sure to drink 8 ounces of water per serving.

MIKE'S BROWNIES

- 2 packets chocolate supplement
- 1 cup quick oats
- 1 tsp. vanilla
- 4 tbsp. cocoa powder
- 3 tbsp. artificial sweetener like Splenda
- 3 tbsp. egg beaters or egg white
- 1 tbsp. cinnamon
- 1 cup non-fat milk
- ¼ cup Raspberry Torani sugar-free syrup (try other syrup flavors if desired)

Soak oats in milk for 30-60 minutes

Preheat oven to 350 degrees

Spray 9x9 pan with Pam

Combine all ingredients in mixing bowl

Pour mixture into pan

Bake at 350 until edges pull away from the pan and toothpick comes out clean -
each oven is different (perhaps 12-15 minutes)

Let sit in pan for 10 minutes to finish baking

Cut into 8 equal pieces; 2 pieces = 1 supplement

Makes 4 servings - Can be frozen and used as needed. Heating in a microwave is a treat.

JEFF'S THAI SOUP

- 1 Packet of MNP Chicken soup mix
 - 1 Packet of MNP Tomato soup mix
- 1 Rounded tablespoon of PB2 (regular flavor)
- 1 Tablespoons of Torani Coconut Syrup
- 1 Teaspoon of salt free garlic and herb seasoning
- Optional (Favorite hot sauce to taste)

Shake, rattle and roll!

I prefer to use Tomato, but Potato works almost as well, IMHO.

BREAD STICKS

- 2 packets potato soups
- 1/4 tsp garlic powder
- 2 tbsp fat-free ricotta cheese
- 1 tbsp fat-free sour cream
- 1 tbsp water
- 1/4 tsp Italian seasoning (optional)

Mix ingredients together. Mixture will be stiff, but all dry ingredients should be mixed in

On floured cutting board, turn dough into 4 pieces until about 12 inches long.

Cut in half. You will have 8 pieces 6 inches long.

Place on cookie sheet sprayed with Pam.

Spray tops of bread sticks with Pam and sprinkle with garlic powder

Bake at 350 for 10 minutes

CHEESY BISQUITS

- 2 packets potato soup
- 2 tsp cornmeal
- 1/2 tsp garlic Molly McButter
- 3 tbsp fat free sour cream
- 2 tbsp fat free shredded cheese
- 1/2 cup water

Bake at 350 for about 15 minutes

LIME CHIPS

- 1 packet potato soup
- 1 tbsp lime juice
- 1/2 tsp cumin
- 1/2 tsp ranch dressing mix
- Enough water to make thick batter

Place batter in the middle of a greased cookie sheet and spread very thinly.
Bake at 350 for 10 min. Take out and cut into small pieces. Flip chips over and place back in oven for 5 minutes. Serve with salsa and fat free sour cream.

SPICY MASHED POTATOES

- 2 packets potato soup
- 1 cup water
- 2 tbsp fat free sour cream
- 2 tbsp taco sauce

Mix packets and water until there are no lumps (works best with a whisk).
Pour into a non-stick frying pan sprayed with butter-flavored non-stick spray.
Cook over medium heat, stir when it starts to bubble.
When the top starts to look dry, the bottom will start to form a thin crust.
Flip (don't worry if it doesn't stay in one piece, because you are going to mix it later.)
When crust starts to form on the second side it should be heated through.
Place in bowl and mix in fat free sour cream and taco sauce.
Salt to taste. Makes 2 servings, each serving is 183 calories

PIZZA

- 1 packet potato soup
- 1 tsp herb and garlic seasoning
- 2 tbsp water

Mix into dough and press out onto well sprayed pan.
Bake at 350 for 10 minutes
Cover with 2 tbsp of spaghetti sauce and 1 tsp parmesan cheese
Bake 5-7 minutes more
(For an alternate type of dough: add 1 tbsp of corn meal and use 3 tbsp water)

MNP BROWNIES EXTRAORDINAIRE

2 packets of chocolate
1 cup of quick oats
3-4 TBSP of cocoa powder
3 TBSP Splenda
1/4 cup of powdered non-fat milk
1 tsp vanilla extract
3 TBSP egg substitute or egg whites
1 cup water
1/4 cup of Torani sugar-free chocolate syrup

Mix liquid ingredients

Combine wet and dry ingredients and stir until mixed

Let batter sit 30-60 min or overnight in refrigerator

Preheat oven to 350 degrees

Spray 9x9 glass pan with cooking spray

Bake 25-30 min until edges pull away from pan and toothpick comes out clean.

Let cool for 10 min. Cut into 8 pieces. 2 pieces=1 serving=1 packet

***Drink an extra 8 oz water per each serving

ROOT BEER FLOAT

1 packet vanilla

1 can diet root beer

Ice (about 9 cubes)

Add ice to blender, then pour in a little diet root beer.

Add vanilla shake, then the rest of the soda. Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 seconds

MOCK ORANGE JULIUS

1 packet vanilla

1 can diet orange soda

Ice (about 9 cubes)

Add ice to blender, then pour in a little diet orange soda

Add vanilla shake, then the rest of the soda. Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 seconds

CHOCOLATED CREAM SODA

1 chocolate shake (strawberry or vanilla work well too)

1 can diet cream soda

Ice (about 9 cubes)

Add ice to blender, then pour in a little diet cream soda

Add chocolate shake, then the rest of the soda. Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 seconds

WARM APPLE CIDER

1 vanilla shake

1 packet sugar-free apple cider mix

Cinnamon

Water, 8-10 oz war/hot

Mix shake and cider mix with the water and sprinkle with cinnamon to taste

PEANUT BUTTER SHAKE

1 vanilla shake

1 tbsp PB2 powdered peanut butter (regular flavor) (approx 23 calories)

Ice (about 6 cubes)

Cold water (8-10 ounces)

Add ice and water to blender. Add vanilla shake and powdered peanut butter.

Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 secs.

CHOCOLATE, PEANUT BUTTER AND BANANA SHAKE

1 chocolate shake

1 tbsp PB2 powdered peanut butter (regular flavor) (approx 23 calories)

Banana extract, to taste (approx 1 tsp)

Ice (about 6 cubes)

Cold water (8-10 ounces)

Add ice and water to blender. Add chocolate shake, powdered PB and banana extract

Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 secs.

BLUEBERRY LEMON SHAKE

1 vanilla shake

1 tbsp sugar-free and fat-free lemon pudding mix

Frozen blueberries, 1/4 cup

Crushed ice, 1 cup

Water, 1 cup

Pour water, crushed ice and blueberries into a blender.

(Note: if you're using fresh blueberries, then toss them in the freezer first.

Frozen berries reduce the amount of ice needed, resulting in a richer shake)

Pour in vanilla shake and pudding and blend until desired consistency

HOT CHOCOLATE

1 chocolate shake

1-2 packets sweetener

Hot water (8-12 oz)

1/8 tsp flavoring (spearmint, peppermint, raspberry, hazelnut, almond, etc)

Mix chocolate shake and sweetener in a mug. Add hot water and desired flavoring

POTATO CORN MUFFIN

1 packet potato soup

1 tbsp Jiffy brand corn muffin mix

1 tbsp taco seasoning

Black pepper to taste

In a small bowl, combine potato soup with the other dry ingredients. Stir in water.

Spoon mixture into a ramekin, mug or teacup.

Microwave 60-90 seconds until the center is done

Check to see if a knife inserted into the center of your muffin comes out clean--

if not, put it back in the microwave for 10 second increments until it is done

You may need to tweak the amount of water to get the consistency you prefer

BAKED POTATO SOUP

1 packet potato soup

1 tbsp minced onion

1 tsp Molly McCheese

2 tbsp instant potatoes

1 tsp Mrs Dash (garlic and herb is good)

Water, 1 cup

Boil water and onion. Add other ingredients, adding potato soup last

LIME POTATO CHIPS

1 packet potato soup

1 tbsp lime juice

1/2 tsp cumin

1/2 tsp Fiesta Ranch salad dressing powder

Salt and pepper to taste

Water, enough to make a thick batter

Place batter in the middle of a sprayed cookie sheet. Spread out very thin & place in oven

Bake at 350 for 10 minutes. Take pan out and cut into pieces with a pizza cutter

Flip chips over and place back in oven for another 5 minutes.

Serve with salsa if desired.

COOKIES

CINNAMON VANILLA

1/2 tsp ground cinnamon

1 packet vanilla

1/2 cup water

ALMOND VANILLA

1/2 tbsp Torani sugar-free almond syrup

Water to fill 1/2 cup

1 packet vanilla

CHOCOLATE CHOCOLATE

2 tbsp Torani sugar-free chocolate syrup

Water to fill 1/2 cup

1 packet chocolate

COFFEE VANILLA

2 tbsp Torani sugar free coffee syrup

1/2 tsp decaf coffee crystals

Very hot water to fill 1/2 cup. Make sure crystals are dissolved

1 packet vanilla

BAKING PROCESS

Preheat oven to 290 degrees and prepare air-bake pan

Mix ingredients very, very well

Distribute into 9 ~tbsp lumps

Bake for ~30 minutes

Reduce temp to 200 degrees

Keep oven door open to help reduce temperature as you move cookies onto rack.

Use very thin metal spatula to remove cookies (plastic spatula may be too thick)

Return cookies (on rack) to oven for 15-30 minutes to continue drying-time will vary

CHIPS

1 packet tomato

1 packet potato

2 tsp taco seasoning powder

Pinch salt

Pinch garlic powder. Mix above ingredients thoroughly

1 cup water

Big pinch onion flakes. Soak onion flakes in water for a while

Same baking procedure as for cookies, above

Note: Makes two batches, so add ~1 tbsp water to remaining batter before prepping

POTATO PANCAKE

1 packet potato soup

1 tbsp Hidden Valley Ranch dry dressing mix

Any combination of black pepper, Mrs Dash, onion powder or garlic powder

In a small bowl, combine potato soup, ranch dressing mix and other flavorings you prefer

Stir in water to make the mixture the consistency of pancake batter.

Cook in a non-stick skillet (or spray with cooking spray), turning over once to brown both sides.

SUPER-EASY POTATO SOUP RECIPES with Walden Farms Calorie Free (not just sugar-free) products

For sweeter recipes:

1. Generously spray a regular sized paper plate with Pam Baking spray.
2. Mix together ½ packet potato soup mix with ½ packet of any flavor MNP First Step supplement on the plate.
3. Add a dash 1/2 tsp of “sultry” cinnamon (about 90% cinnamon mixed w/ 5% nutmeg & 5% cloves)
4. Add enough WF calorie free (not just sugar-free) syrups or spreads (Pancake, Chocolate, Blueberry, Strawberry, Caramel, Apple Butter, Apricot Butter, Peanut Butter, etc-add two or more for variety to fork-blend into a paste or dough, neither watery nor powdery—slightly lumpy is OK.
5. Fork into a shallow flat mound in the middle of the plate and spray again with Pam baking spray
For a slight crunch, sprinkle with Nectresse no-cal sweetener
6. Microwave for about 3 minutes, times vary depending on your microwave, how much syrup you’ve added and how ‘bread-y’ or crispy you like it.

Texture will come out anywhere from bread pudding to bread to soft cookie to crispy cracker.

7. Take your fork to “release” the flattened product from the edges of the plate and eat with a fork or your fingers.
8. Don’t forget to drink additional water.

For savory/spicy recipes:

1. Generously spray a regular sized paper plate with Crisco Butter spray.
2. Mix ½ packet of potato soup with ½ packet of one of the MNP First Step soups on the plate.
3. Add spices, like basil, or minced dried onion if desired.
4. Add enough WF calorie-free (not just sugar-free) dressings (Honey Mustard, Ranch, Creamy Bacon, Honey BBQ, Sesame Ginger, Ketchup, etc-you can add two or more if desired) to fork blend into a paste or dough, neither powdery nor watery- slightly lumpy is OK.
5. Fork into a shallow flat mound in the middle of the plate and spray again with Crisco Butter spray
Sprinkle with more spices as desired.
6. Microwave for about 3 minutes, times vary depending on your microwave, how much dressing you've added and how ‘bread-y’ or crispy you like it. Texture will come out anywhere from bread pudding to bread to soft cookie to crispy cracker.
7. Take your fork to “release” the flattened product from the edges of the plate and eat with a fork or your fingers.
8. Don’t forget to drink additional water.