

# 1<sup>st</sup> Trimester Recipes

## Ingredients:

- 2 Small: fresh apples
- 1 Tbsp: brown sugar
- ½ tsp: nut flavored oil
- 1 Tbsp: butter

## Roasted Apples

Recipe  
Phe – FREE  
Protein – 0.8 g  
Calories – 313  
Servings = 2

## Directions:

- Heat oven to 400° F.
- Wash apples and cut in half.
- Cover apples with oil, butter and brown sugar.
- Place evenly on baking sheet and roast in oven until tender, about 35-40 minutes.

## Decaf Ginger Berry Tea

### Ingredients:

- 1 Packet: decaf tea
- 1 Tbsp: fresh ginger
- 1 1/2 C: water
- 2 Tbsp: sugar
- 1/3 C: frozen blackberries

Recipe  
Phe – FREE  
Protein – 0.7 g  
Calories – 139  
Servings = 1

### Directions:

- Wash and peel ginger.
- Combine all ingredients in a large pot, and bring to a simmer.
- Continue to cook until berries have lost shape, or about 10-12 minutes.
- Remove tea packet and ginger.
- Serve hot or cold.

## Steamed Vegetable Melody

### Ingredients:

- 1 Tsp: olive oil
- 1/4 C: water
- 1/4 C: frozen garden vegetables

Recipe  
Phe – 33 mg  
Protein – 2 g  
Calories – 78  
Servings = 1

### Directions:

- Place vegetables in microwave safe bowl.
- Add water and olive oil.
- Cook on high heat for about 4-5 minutes, or until tender.
- Serve warm.

## Cranberry Cereal Crispy Treats

### Ingredients:

- 1 Tbsp: butter
- 1/2 C: dried cranberries
- 1 Tbsp: corn syrup
- 3 C: low protein cereal
- 2 C: mini marshmallows

Recipe  
Phe – FREE  
Protein – 2.4 g  
Calories – 990  
Servings = 5

### Directions:

- Combine butter, marshmallows and corn syrup.
- Place in a microwave-safe bowl and heat on high for 1 minute until it is melted.
- Once melted, mix in cranberries and cereal.
- Spray a small baking pan with non-stick cooking spray.
- Press mixture into pan, and allow to cool.
- Cut and serve.

## Mashed Baked Potato

### Ingredients:

- 1 Small: potato
- 1 Tbsp: olive oil

Recipe  
Phe – 136 mg  
Protein – 3.2 g  
Calories – 269  
Servings = 1

### Directions:

- Wash potato.
- Prick with a fork several times on all sides of potato.
- In a microwave safe plate, cook on high heat for 5 minutes.
- Turn potato over and cook for another 5 minutes or until soft to the touch.
- Mash with a fork and mix in olive oil.
- Serve warm.

