

# DELAND CHIROPRACTIC & SPINAL DECOMPRESSION DR. JEREMY M. GORDON

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*Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis*

## IDEAL PROTEIN RECIPE OF THE WEEK:

### NON RESTRICTED CHOCOLATE-BANANA BREAD:

Preheat oven to 350 degrees

Spray a mini-loaf pan with olive oil non-stick spray

In a bowl, mix the following:

- 1 packet Chocolate Drink Mix
- 1 packet Banana Pudding Mix
- 2 egg whites (may also work well with 1 whole egg)
- 1 tablespoon nonfat milk (could use up to 2 for a total of 1 oz nonfat milk in place of using 1 oz nonfat milk with your coffee in the morning)
- 2 tablespoons of olive oil
- 2 teaspoons baking powder
- 2 teaspoons Walden Farms chocolate syrup (or 1-2 teaspoons Splenda may work well)
- 1/2 teaspoon Vanilla Extract

Pour all contents into the mini loaf and bake for about 15 minutes.

Yields 2 non-restricted products. You could eat half & share the rest, or eat half the loaf today and half the loaf tomorrow, or eat half the loaf for breakfast and half the loaf for a snack, etc.

Variation I'd like to try next time: Vanilla Drink Mix + Lemon Pudding, mixed per above but add Poppy Seeds & Splenda instead of WF Chocolate Syrup. Hoping to make this soon, will let you know how it turns out!

