

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION DR. JEREMY M. GORDON

905 NORTH STONE STREET
DELAND, FL 32720



PHONE (386)734-9995
FAX (386)734-9949

Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

Ideal Protein Tostades

Yields 2 medium tostadas, equivalent to 2 Ideal Protein food portions

Ingredients:

1 Ideal Protein Maple Oatmeal
1 Ideal Protein Vegetable Chili
¼ teaspoon baking powder
3 small pinches of baking soda
4 oz of hot water
8 drops of extra virgin olive oil
¼ teaspoon of dried Mexican herbs (coriander, basil, oregano, dried peppers, garlic and crushed cumin which gives it a nice 'smoky' flavor)
Shredded lettuce
1 tablespoon fresh cilantro, shredded
1 tablespoon fresh tomatoes or fresh salsa (**optional, Restricted Vegetable**)
Chopped onion (raw) or green onion
Fresh lime



Preheat the oven at 350° F. Blend the contents of the oatmeal and chili together with the baking powder, baking soda, hot water, virgin olive oil and herbs together until all the water is absorbed and the dry ingredients are equally distributed. Rub fresh garlic directly onto a non-stick baking sheet. Spoon mixture into two (2) tostadas.

Bake at 350° F for 15 minutes. Remove from the oven and garnish with shredded lettuce, 1 tablespoon of chopped fresh cilantro, 1 tablespoon of fresh or canned tomatoes, chopped onion or green onions. Sprinkle a splash of fresh lime and serve while still hot!

Phase 4 Options: Top tostadas with chicken or beef strips, ceviche (a form of Mexican sushi 'cooked' in fresh lime juice), shrimp or lobster and plain low-fat yogurt in lieu of sour cream. Substitute lettuce for shredded cabbage and fresh shredded radish when making fish tostadas. Delicious!