

Lush Chocolate Mousse

INGREDIENTS:

- 1 ½ cups of whipping cream
- 8 ounces of unsweetened dark chocolate, melted
- 2 tbsp. sugar
- ½ tsp. vanilla

DIRECTIONS:

In a saucepan, warm half of the whipping cream (¾ cup) and remove from heat. Add sugar and vanilla to the melted chocolate, and then combine chocolate mixture with the heated cream. In a separate bowl, whip remaining cream until it has soft peaks. At that point, slowly fold it into the chocolate mixture. Divide into small bowls or glasses and chill until set.



Bread and Butter Pudding

INGREDIENTS:

- 4 cups white bread, diced
- ½ cup raisins
- ½ cup dried cranberries
- 2 eggs, slightly beaten
- 1 ¾ cups milk
- 2 tsp. vanilla
- 1 tsp. cinnamon
- ¾ cup sugar



DIRECTIONS:

Preheat oven to 350 degrees. Fill a 9x9-inch pan with the bread pieces; scatter the bread with raisins and cranberries. In a mixing bowl, combine the eggs, milk, vanilla, cinnamon, and sugar. Pour wet ingredients over the bread and let sit for five to 10 minutes, so the bread can absorb some of the liquid. Bake for 40-50 minutes, or until firm and colored on top. Let sit 10 more minutes before serving.

*This recipe is recommended for 2-5 days after your surgery

Strawberry Parfait

INGREDIENTS:

- 1 cup vanilla yogurt
- 1 cup granola
- 1 cup strawberries
- ½ cup whipped cream
- ¼ cup slivered almonds
- 2 sprigs of mint leaves



DIRECTIONS:

Using either parfait glasses or simply tall drink glasses, layer ¼ cup of yogurt, ¼ cup of granola and ¼ cup of strawberries; then repeat these layers again. Top with a dollop of whipped cream, slivered almonds and mint sprig. Complete entire process again in a second glass. For added decadence, try drizzling chocolate sauce on top.

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