

High Protein Chicken Soup



Ingredients:

- 1/3 cup dry nonfat milk powder
 - 1 teaspoon of low sodium chicken bouillon
 - Unflavored protein powder*
 - Warm Water (to equal 4-6 oz.)
- *Use 2 scoops of Beneprotein or 1 scoop of Unjury Protein powder to equal about 20 grams of protein.

Directions:

1. Mix nonfat milk powder, low sodium chicken bouillon, and protein powder in a bowl.
2. Measure warm water and add an ounce at a time and mix to equal 4-6 ounces.
3. Serve Lukewarm.

Nutrition Information:

Serving size*: 1

Calories per serving: 160

Total protein per serving: 28g

Servings per recipe: 1

Total fat per serving: 1 g

Total carbohydrates per serving: 12g

Nutritional Benefits:

This is a great recipe that can be ready instantly, the protein provided in the protein powder and milk powder helps to keep hunger at bay.

*Serving size that is suggested for post-operative bariatric patients

Photo Provided by: food.ndtv.com Retrieved: <http://i.ndtvimg.com/mt/cooks/2014-11/chicken-stock.jpg>