



## Smoothies/Drinks

### Smoothie

#### Strawberry Smoothie

1 packet Bariatrix Proti-Max Vanilla Pudding/Shake Mix  
6 oz. low-calorie cola  
¾ cup strawberries  
5 ice cubes  
5 tbsp. water

Mix all ingredients in blender on high speed until smooth. Pour into chilled glass.

#### Peach Smoothie

1 Packet Bariatrix Proti-Max Vanilla Pudding/Shake Mix  
1 medium peach, peeled and sliced  
6 oz. low-cal crème soda  
5 ice cubes

Mix all ingredients in a blender on high speed until smooth. Pour into chilled glass.

#### Cherry Smoothie

1 packet Bariatrix Proti -Max Vanilla Pudding/Shake Mix  
1 packet Bariatrix Proti -Max Chocolate Pudding/Shake Mix  
8 oz. water  
6 oz. cherry low-cal soda  
5 ice cubes

Mix all ingredients in a blender, except cherry soda, on high speed until smooth. Pour into chilled glass then pour cherry soda on top.

#### Watermelon Smoothy

1 packet Proti-Max Vanilla Pudding/Shake Mix  
½ cup water  
1 cup watermelon  
5 ice cubes

Mix all ingredients in blender until smooth.

#### Black Forest Smoothy

1 packet Proti-Max Chocolate Pudding/Shake Mix  
¾ cup cold water  
1 tsp cherry extract

Mix all ingredients in blender until smooth.

### Orange Julius

1 packet Proti-Max Vanilla Pudding/Shake Mix  
1 packet Nutri-15 Orange Drink Mix  
10 oz. ice cold water

Mix until thick and foamy

### Iced/Hot Tea

#### Spiced Orange Tea

1 packet Nutri-15 Orange Drink Mix  
5 ice cubes  
 $\frac{3}{4}$  cup cold water  
1 tsp instant tea  
1 packet sweetener

Mix all ingredients on low in a blender until smooth.

#### Asia Tea

1 packet Butri-15 Orange Drink Mix  
1 tsp instant tea  
Dash of nutmeg and cinnamon

Blend all ingredients together.

## Soups, Dips, Appetizers

### Soups

#### Gazpacho

1 packet Proti-15 Cream of Tomato Soup  
4-5 sprigs of cilantro  
Dash of Tabasco  
1 tsp garlic powder  
1 tsp onion powder  
4 oz. ice water

Mix all ingredients in blender until thoroughly blended. Finely chopped cucumber and tomato may be added with your diet limit. Adjust spices to personal taste.

### Cream of Chicken and Broccoli Soup

1 packet Proti-15 Cream of Chicken Soup  
8 oz. hot water  
6 oz. boiled chicken  
1 cup broccoli flowerette, chopped

In sauce pan mix soup with water until smooth. Add chicken and broccoli, season with salt, pepper, a dash of nutmeg, and simmer for 2 minutes.

### Broccoli Bisque

1 packet Proti-15 Cream of Chicken Soup  
1 cup broccoli  
1 Tbsp dry onion  
1 cup hot water  
Pepper

Steam broccoli and onion. Place broccoli, onion hot water, dash of pepper and soup in blender on low for 10-15 seconds.

## Dips

### Cheese Dip

1 packet Proti-15 Chicken or Vegetable Soup  
2 oz. low fat sharp cheddar cheese  
¼ cup cold water  
Cayenne pepper to taste

Process all ingredients in blender until smooth. Cover and Chill.

### Vegetable Dip

1 packet Proti-15 Chicken Bouillon or Cream of Chicken Soup  
1 cup plain, low fat cottage cheese  
Dash of onion  
Dash of garlic powder

Mix all ingredients in blender until creamy.

## Appetizers

### Sweet Cabbage Rolls

1 packet Proti-15 Cream of Tomato Soup  
1 ½ lbs ground turkey  
1 head cabbage  
¼ tsp garlic powder  
½ tsp Worcestershire Sauce  
1 tsp parsley flakes  
¼ cup chopped onion  
1/8 tsp sweetener

Parboil cabbage leaves and allow to cool. Brown turkey and remaining spices and onion in a skillet. Mix soup as directed and add sweetener. Wrap a large spoonful of turkey mixture in a cabbage leaf and repeat until mixture is used up. Lay leaves in a shallow pan, that has been sprayed with low fat non stick cooking spray. Pour soup mixture over cabbage rolls. Bake in oven for 15-25 minutes.

### Turkey Chili

2 packets Proti-15 Cream of Tomato Soup  
12 oz. ground turkey  
1 cup green peppers, cubed  
1 cup onions, diced  
2 cups tomatoes, chopped  
10 oz. water  
1 Tbsp chili powder  
1 Tbsp cumin  
2 packets sweetener

In a non-stick skillet, combine turkey, green peppers and onion; brown over medium heat. Drain. Add remaining ingredients, mix well and simmer 15 minutes.

*Tasty Alternative:* Try this same recipe, using Proti-15 Vegetable Chili. Add your own spices for flavor!

### Pizza

1 packet Proti-15 Cream of tomato Soup  
2 slices whole wheat toast (1 slice for weight loss)  
½ cup hot water  
1 tsp onion powder  
½ tsp oregano  
½ tsp basil  
¼ tsp black pepper

Mix all ingredients together in a small dish and microwave for 1 minute. Divide sauce evenly on toasted bread.

4 oz. lean ground beef, broiled and crumbled  
2 oz. low fat cheese

Top the toast and sauce with meat and cheese. Bake at 450° for 5 minutes or until cheese is bubbly and brown.

## Entrees

### Potato Dishes

#### Trick Potatoes

½ packet Proti-15 Cream of Chicken Soup  
8 oz. frozen cauliflower

Cook cauliflower until very soft, drain. Mash with fork and add soup. Mix well.

#### Microwave Stuffed Potato

1 packet Proti-15 Cream of Chicken Soup  
3 oz. boiling water  
1 small beaked potato, still warm (1/2 small potato for weight loss)  
½ cup finely chopped broccoli  
Paprika

Place one soup mix into a cup. Whisk in boiling water to make a thick gravy. Cut warm potato in half, lengthwise. Scoop out potato pulp from one half into a small bowl, leave skin in tact. Set potato shell aside, and save the other half for another meal. Mash pulp with a fork until fluffy. Mix in soup. Fold in broccoli. Spoon potato mixture into potato skin. Sprinkle with paprika and serve!

#### Stuffed Potato

1 packet Proti-15 Cream of Chicken Soup  
1 small potato, baked  
2 tsp margarine  
1 cup cooked and pureed broccoli or zucchini  
Pepper

Cut potato in half. Mix vegetables, soup, margarine and pepper to a pulpy consistency. Place over baked potato.

### Rice Dishes

#### Fancy Fried Rice

1 packet Nutri-15 Chicken Bouillon soup mix  
2 tsp margarine  
2 small apples  
2/3 cup brown rice  
1 -1/3 cups water  
Garlic powder  
Onion powder

Melt margarine in frying pan. Peel and dice apples and sauté in margarine. Add rice, stir until brown. Add water, soup mix, and garlic and onion powder to taste. Simmer 20-30 minutes.

### Green Beans and Brown Rice

1 packet of your favorite Proti-15 soup  
1 cup fresh or frozen green beans  
1 cup water  
1/3 cup cooked brown rice (1/4 cup for weight loss)  
1/2 tsp margarine

Cook green beans in water with soup until tender. Drain into cup. Measure 1/2 cup liquid and add to 1/3 cup of rice. Microwave with 1/2 tsp margarine for 2 minutes. Stir in 1/2 cup green beans.

### Chicken and Turkey Dishes

#### Fried Chicken

1 packet Proti-15 Chicken Bouillon or Cream of Chicken Soup  
1/2 tsp garlic powder  
1/2 tsp white pepper  
3 oz. chicken breast  
1 tsp olive or corn oil

Combine first three ingredients in bag. Shake chicken in bag until coated. Heat oil in a non-stick skillet. Add chicken, and cook until done.

#### Chicken Picatta

1/2 packet of Proti-15 Chicken Bouillon or Cream of Chicken Soup  
3 1/2 oz. chicken breast  
1/4 cup water  
1/2 tsp lemon juice  
1 cup mushrooms, sliced  
Garlic powder to taste

Dissolve chicken soup in water and pour into frying pan. Add lemon juice, garlic powder, and chicken. Sauté each side for 20 minutes or until done. Remove chicken, cover. Place mushrooms in frying pan, adding more water and garlic powder. Sauté for 5 minutes. Pour over chicken and serve.

#### Baked Chicken Delight

1 packet Proti-15 Cream of Chicken Soup  
4 3-oz chicken breast halves  
2 cups mushrooms  
2 cups water chestnuts  
1 cup water  
1 tsp rosemary  
1/2 tsp thyme  
2 packets Bariatrix Italian Dressing

Arrange chicken, mushrooms, and water chestnuts in baking dish. Mix soup with water; add rosemary, thyme, and salad dressing. Pour over chicken. Cover and bake at 375° for 1 hours.

### Mexican Chicken Salad

1 packet Proti-15 Cream of Chicken Soup  
3 oz. chicken breast, cubed  
1 cup green pepper, chopped  
½ tsp minced onion or onion powder  
Garlic powder, chili powder, cayenne pepper, black pepper  
1 cup romaine lettuce

In non-stick skillet, sauté chicken in soup and spices with ½ cup green pepper until chicken is done and soup makes a chili-type sauce. Shred lettuce and combine other ½ cup of green pepper

### Chicken Taco Salad

1 packet Proti-15 Cream of Chicken Soup  
3 oz. cooked chicken breast, diced  
½ cup water  
Extra spicy no sodium seasoning mix  
1 cup leaf lettuce, chopped

In a sauce pan combine chicken soup, water, and seasoning. Cook on med high until thick. Pour over lettuce and serve.

### Chicken with Grapes

1 packet Proti-15 Cream of Chicken Soup  
4 oz. water  
¼ tsp tarragon  
Orange rind  
1 slice of a small orange  
1 tsp margarine  
3 oz. chicken breast  
7 grapes  
¼ cup cooked brown rice

Mix soup mix and water. Add most of the tarragon to soup mixture. Finely dice the orange peel and orange section and add to mixture. Set aside. In a small skillet, heat margarine; add reserved tarragon and stir for 1 minute. Add chicken breast and sauté until mostly done. Remove chicken. Pour soup mixture into skillet and stir until thick. Add chicken breast and continue to simmer for two minutes. Add grapes, and serve with cooked brown rice.

### Oven BBQ Chicken

1 packet Proti-15 Cream of Tomato Soup  
4 3-oz. chicken breasts  
2 cups sliced onion  
¾ cup distilled vinegar  
1 ½ cups water  
2-4 packets of sweetener  
1 bay leaf  
¼ tsp ground red pepper  
¼ tsp powdered mustard  
Dash of pepper

Preheat oven to 350°. In sauce pan combine all ingredients except chicken and onions. Cook for 10-15 minutes. Layer meat in a 9"x13" baking dish. Top with onion slices, pour in soup mixture. Bake, basting often, 50-60 minutes.

### Chicken and Pasta Dish

1 packet Proti-15 Cream of Chicken Soup  
¼ cup cooked pasta shells  
½ cup fresh broccoli  
3 oz. cooked chicken breast, cubed  
½ cup tomato, chopped  
¼ tsp garlic powder  
1/8 tsp white pepper

In large sauce pan cook pasta according to directions. Add broccoli during the last 5 minutes of cooking. Drain and return to sauce pan. Add remaining ingredients and heat through.

### Chicken Florentine

1 packet Proti-15 Cream of Chicken Soup  
1 cup cooked spinach  
1 oz cottage cheese  
5 oz. chicken  
6 oz. water

Mix spinach and cottage cheese. Season with lite salt, pepper, and basil. Pound chicken until thin. Spread mixture of spinach and cottage cheese over chicken, roll up and hook with a toothpick. Mix water and soup, and pour over chicken and wrap in foil. Bake at 425° for 30 minutes.

### Chicken Cordon Bleu

1 packet Proti-15 Cream of Chicken Soup  
6 oz. chicken breast  
1 oz. swiss cheese  
3 oz. sliced mushrooms  
1 oz. diced onions  
4 oz. water

Split chicken breast in half. Place swiss cheese and diced onion in center. Close breast. Combine mushrooms, soup and water then pour over chicken. Bake for 1 hour at 350°. Great with steamed broccoli or a pineapple slice!

### Stir-Fried Chicken

1 packet Proti-15 Cream of Chicken Soup  
6 oz chicken breast  
2-4 packets of Bariatrix Italian Dressing  
¼ cup green peppers (cut in strips)  
¼ cup cabbage cut into small pieces  
¼ cup mushrooms cut into small pieces  
¼ cup cauliflower (cut up in florets)  
¼ cup broccoli cut into small pieces  
Garlic powder and pepper to taste

In a Wok or nonstick skilled sprayed with low fat spray, combine the first 7 ingredients and add spices as needed. Cook until vegetables are crisp. Sprinkle with soup over chicken/vegetable mixture and cook for approximately 5 more minutes.

### Chicken and Dumplings

1 packet Proti-15 Cream of Chicken Soup  
3 oz. chicken breast, cubed  
½-1 cup water  
¼ cup thinly sliced carrots  
¼ cup thinly sliced celery  
¼ cup minced onion  
¼ cup minced green onion  
1 tsp onion powder  
¼ tsp garlic powder  
½ slice whole wheat bread

Microwave first 10 ingredients until cooked. Tear bread into small pieces and mix together.

### Turkey and Dressing with Gravy

1 packet Proti-15 Cream of Chicken Soup  
3 oz. turkey breast, cooked and sliced  
½ slice whole wheat bread  
1-2 tsp minced onion  
Dash of ground sage to taste  
½ - 1/3 cup hot water

Toast bread, then crumble; add 1 Tbsp of diluted soup. Season with dash of sage, pinch of dry soup mix, and stir in onions. Place dressing in bowl, layer turkey breast on top. Dilute remaining soup mix with water to consistency of gravy and pour over turkey and dressing. Microwave or bake until warm.

### Turkey Stuffed Green Peppers

1 packet Proti-15 Cream of Tomato Chicken  
4 medium green peppers  
12 oz. ground turkey  
1 tsp minced onion  
¼ cup chopped mushroom  
¼ cup chopped tomato  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp oregano  
¾ cup hot water

Boil peppers until tender. Set aside. Preheat oven to 425°. Brown turkey in skillet with onion, mushrooms, and tomatoes. Drain excess liquid. Add garlic powder and desired seasonings. Drain peppers and place in baking dish sprayed with non-stick cooking spray. Stuff peppers with turkey mixture. Mix soup with ¾ cup hot water. Pour over peppers. Bake for 10 minutes.

## Beef/Steak Dishes

### Swiss Steak

1 packet Proti-15 Cream of Tomato Soup  
3 ½ ounces round steak cut into strips  
¼ cup green pepper diced  
½ cup mushrooms sliced

In small pan combine steak and veggies; add pepper, salt and garlic to taste. Cook until meat is slightly brown. Mix soup mix per direction on the packet, and then pour over meat and vegetables. Simmer on low heat for approximately 30 minutes.

### Microwave Meatballs and Sauce

1 packet Nutri-15 Chicken Bouillon Soup  
1 packet Nutri-15 Cream of Tomato Soup  
10 melba toasts or 2 slices toasted whole wheat bread  
1 tsp Italian seasoning  
½ tsp crushed red pepper  
½ tsp garlic powder  
12 oz. ground turkey  
1 egg  
1 cup green pepper  
2 mushrooms  
1 cup water

Crush or blend 10 melba toasts/whole wheat bread; add Italian seasoning, crushed red pepper, garlic powder, and Chicken Bouillon Soup. In bowl combine ground turkey with egg and bread crumbs/seasoning mixture. Mix well and form into 2" meatballs. Place in microwave safe container, cover with plastic wrap, and cook for 4 minutes. Remove from dish, turn, and cook an additional 3 minutes. Cut up green peppers and microwave for 3 minutes. Add mushrooms and cook 1 more minute. Mix tomato would with 1 cup water and add to vegetables. Pour over meatballs. Cover mixture and cook for approximately 8 more minutes, stirring occasionally.

### Italian Stuffed Zucchini

1 packet Proti-15 Cream of Tomato Soup  
½ medium zucchini  
½ cup water  
Spicy, no sodium seasoning mix  
3 oz. ground beef, cooked and drained  
½ slice whole wheat bread, diced

Scoop zucchini half. Chop the scooped zucchini into small pieces and place in saucepan with soup mix and water until thick. In a bowl combine beef, zucchini, bread and half sauce. Stuff in zucchini shell and place in baking dish. Bake at 350° for 15 minutes. Pour remaining sauce over top, and continue baking for 5-10 minutes.

### Hamburg Stroganoff

1 packet Proti-15 Cream of Tomato Soup  
3 oz. lean ground beef  
½ cup cooked elbow noodles  
1 cup sliced cabbage  
Garlic powder, pepper, chives, parsley to taste

Pan broil hamburger. Add soup, noodles, cabbage and seasoning.

### Vegetable Dishes and Casseroles

#### Broccoli Au Gratin

1 packet Proti-15 Chicken Bouillon Soup  
½ cup cooked broccoli  
3 oz. low fat cheese, grated  
1/3 cup cooked brown rice (1/4 cup for weight loss)  
1 tsp margarine

Mix all ingredients lightly. Bake at 350° for 30 minutes or until light brown.

#### Spinach Casserole

1 packet Proti-15 cream of Mushroom Soup  
1 cup fresh or frozen spinach  
1/3 cup oat bran (1/4 cup for weight loss)  
1 tsp margarine  
¾ cup hot water  
Dash red cayenne pepper

Combine all ingredients. Cook in microwave 2 minutes, stir.

#### Tuna Casserole

½ packet Proti-15 Chicken Bouillon Soup or Cream of Chicken Soup  
2 ½ ounces tune (white albacore, packed in water)  
¼ water  
½ tsp parsley flakes  
½ onion flakes  
½ tsp celery seed  
Dash of sage and pepper to taste

Pre-heat oven to 350°. In a small mixing bowl, combine all ingredients. Place in baking dish and bake for ½ hour or until golden brown.

### Baked Cabbage

1 packet Proti-15 Chicken Bouillon Soup  
1 cup fresh cabbage  
3 oz. low fat cheese, grated  
2 rye crackers, crushed  
1 tsp margarine  
½ cup water  
Pepper

Mix all ingredients. Sprinkle with pepper. Bake at 350° for 30 minutes.

## Desserts

### Toppings

#### Whipped Topping

1 packet Bariatrix Proti-Max Vanilla Pudding/Shake Mix  
1 package Artificial Sweetener  
3 oz. cold water

Mix in blender. Suggestion: a great way to top off a parfait or gelatin.

#### Icing

1 packet Proti-15 Hot Chocolate  
3 Tbsp water  
¼ tsp vanilla extract or peanut extract

Mix ingredients together and accent your favorite cookies or brownies. For a flavorful twist, substitute a pudding/shake mix or cappuccino!

#### Frozen Vanilla Mints

1 packet Proti-Max Vanilla Pudding/Shake Mix  
2 oz. water  
¼ tsp peppermint extract

Mix all ingredients in a bowl until smooth and creamy. Drop by large spoonfuls on a cookie sheet sprayed with Pam. Place in freezer for 1 hour. May use any flavor pudding and extract you choose for different combinations.

## Fruit Desserts

### Peach Parfait

1 packet Proti-Max Vanilla Pudding/Shake Mix  
3-4 oz. cold water  
1 medium peach or ¾ cup water packed peaches

Mix water and pudding mix to the consistency of a pudding.

### Double Orange Treat

1 packet Proti-Max Vanilla Pudding/Shake Mix  
1 small orange  
¼ tsp orange extract

Combine water, pudding mix, and orange. Blend thoroughly and add extract. Blend again, and serve!

### Strawberry Delight

2 packets Proti-Max Strawberry Banana Gelatin  
1 packet Proti-Max Vanilla Pudding/Shake Mix  
½ cup cold water  
2 packets sweetener  
1 tsp vanilla extract  
1 quart strawberries

Sprinkle gelatin over water. Let stand for 3-4 minutes. Add the rest of the ingredients together and puree. Pour into cups or bowls and chill before serving.

## Puddings and Custards

### Custard Bread/Bread Pudding

1 packet Proti-Max Vanilla Pudding/Shake Mix  
1 cup water  
1 egg  
½ tsp vanilla/and or coconut extract  
1 package sweetener  
2 oz. low fat cottage cheese  
½ slice bread  
Cinnamon

Pre-heat oven to 350°. Mix all ingredients except bread, at high speed. Pour into baking dish, break up bread on top, sprinkle with cinnamon. Bake 45-55 min.

### Pumpkin Pie Pudding

1 packet Proti-Max Vanilla Pudding/Shake mix  
1/8 tsp pumpkin pie spice  
3-4 oz. cold water

Stir spice into dry pudding mix. Add water, and mix until smooth.

### Eggnog Pudding

1 packet Proti-Max Vanilla Pudding/Shake Mix  
4 oz. cold water  
1/2 tsp rum extract  
1/4 tsp cinnamon  
1/4 tsp nutmeg  
1/2 packet sweetener

Stir all ingredients until smooth. Chill for 45 minutes-1 hour.

### Rice Pudding

1 packet Proti-Max Vanilla Pudding/Shake Mix  
1 Tbsp raisins  
1/2 slice wheat bread, broken into pieces  
6 oz. water  
1/8 tsp nutmeg  
1/2 tsp cinnamon  
1 packet sweetener  
1 tsp margarine

Combine all ingredients. Bake in microwave for 3-4 minutes. Cool in refrigerator.

## Chocolate Treats

### Chocolate Log

1 banana (fresh or frozen, thawed)  
2 slices of bread, cubed  
2 packages Proti-Max Chocolate Pudding/Shake Mix  
1/2 egg  
1/2 tsp cream of tartar  
1/2 tsp baking soda  
1 tsp vanilla

#### Filling:

1/2 cup low fat ricotta cheese  
1 tsp. vanilla  
4 packets sweetener

Combine cake ingredients in blender. Blend until smooth. Spray jelly roll pan with non-stick vegetable cooking spray. Pour mixture into pan and spread to corners. Cook at 350° for 10 minutes. Let stand 1-2 minutes. Spread filling on cake and roll up. Wrap in foil and refrigerate or cut into slices and serves immediately. Optional garnish: sliced fruit.

### Chocolate Cookies

3 packets Proti-Max Chocolate Pudding/Shake Mix  
3 egg whites  
1 ¼ cups all purpose flour  
2 Tbsp oil  
2 tsp vanilla extract  
2 tsp butter extract  
¼ tsp baking soda  
1/8 tsp. salt  
1 ¼ cups water

Mix water and pudding mix until smooth. Add oil, vanilla, and butter extract and mix thoroughly. Add egg whites and mix again. Combine flour, salt, and baking soda. Portion with teaspoon onto greased cookie sheets. Bake at 350° for 10 minutes or until done.

### Double Chocolate Pudding

1 packet Proti-Max Chocolate Pudding/Shake Mix  
4 oz. water  
2 Tbsp fat free sour cream  
1 tsp sweetener

Combine pudding mix and water in bowl with wire whisk until smooth. Spoon into custard cups. Combine sour cream and sweetener, blend until smooth. Spoon over pudding. Broil until topping slightly browns, about 23 minutes.

### Fudgesicle

1 packet Proti-Max Chocolate Pudding/Shake Mix  
4 oz. water

Combine all ingredients in bowl until smooth. Put into popsicle containers and freeze until solid.

### Brownies

3 packets Proti-Max Chocolate Pudding/Shake Mix  
2 oz. water  
½ cup apple juice concentrate  
1 Tbsp vegetable oil  
1 Tbsp vanilla extract  
3 egg whites  
½ cup flour  
1 tsp baking soda  
¼ tsp salt  
½ Tbsp cocoa

Mix water, apple concentrate until smooth. Add oil and vanilla extract and mix thoroughly. Add egg whites and mix again thoroughly. Combine flour, cocoa, salt, and baking soda. Add dry ingredients to liquid mixture until smooth. Place on baking sheet sprayed with low-cal non stick spray. Bake at 350° for 20 minutes.

## Cookies

### Lemon Cookies

1 packet Proti-15 Vanilla Pudding/Shake Mix  
1 packet Nutri-15 Lemon Drink Mix  
1 egg

Mix to doughy consistency. Make 6-8 dough balls, bake at 350° for 10-12 minutes.

### Coconut Treats

1 packet Proti-Max Vanilla Pudding/Shake Mix  
3 Tbsp non-fat vanilla yogurt  
2 Tbsp 1% milk  
½ tsp coconut extract

Mix above ingredients together. Drop by teaspoon onto a tray. Top each treat with a drop of chocolate icing (see icing recipe). After they freeze, put into plastic baggies, serve partially thawed.



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