Follow up for 
RECIPES AND TIPS FOR A HEALTHIER PASSOVER 
WITH ILANA MUHLSTEIN, MS, RDN 
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Resources
You Can Drop It! Book
Passover Recipes from webinar
Cloud bread recipe (with almond flour)

Ilana’s Recommendations & Tips
● If you don’t like mushrooms or are allergic, you can make the same mushroom pizza bites recipe with zucchini boats (cut zucchini in half and scoop out seeds), cauliflower crust pizza, spaghetti squash, cloud bread pizza, or eggplant.
● For the mug cake, if you don’t like yogurt, you can use Greek yogurt, coconut yogurt, or whipped cream.
● Whole wheat has more fiber, is better for gut health, heart health, and cancer prevention.
● Fage, Chobani, Open Nature, Mehadrin, and Normans are her favorite yogurt brands.
● To make the mug cake pareve, omit yogurt or use dairy-free yogurt.
● 0-2% plain Greek-style yogurt is highest in protein.
● Use monk fruit extract or Stevia if you need to add sweetener.
● Link to study on sugar and cancer relation that Ilana mentioned.
● Cassava flour works too, when it’s not Passover, you could also use chickpea flour or regular flour.
● Great for kids: Ants on a log, cloud bread pizza, mug cake, etc.
● Keep garlic and onions out of her recipes, and make whatever adjustments you need to make them low FODMAP.
● Ilana recommended getting in touch with the frum weight loss group led by Ayelet Raab: via email, WhatsApp, or direct message on IG:
Email: ayelettnraab@gmail.com | IG: @ayeletraabcoaching | FB: Ayelet Raab
Please click this link to view the full recording of the webinar and view the transcript.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.

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