Follow up for
RECIPES AND TIPS FOR A HEALTHIER PASSOVER
WITH ILANA MUHLSTEIN, MS, RDN
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Website: https://www.ilanamuhlstein.com/
Instagram: https://www.instagram.com/ilanamuhlsteindr/
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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.

SHARSMERET
The Jewish Breast & Ovarian Cancer Community

CANCER GENETICS
FAST FACTS

EVERYONE who carries a cancer gene mutation has a 50% chance of passing it on to the NEXT GENERATION.

1 IN 40 Ashkenazi Jews, BOTH MEN AND WOMEN, carries a BRCA1 or BRCA2 gene mutation.

Individuals who carry genetic mutations should HAVE THE OPPORTUNITY to make choices about high risk screening and risk-reducing surgery and treatment that can SAVE THEIR LIFE.

Multi-gene panel testing can IDENTIFY MUTATIONS in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.

If the results of genetic testing in a family are negative, it is STILL POSSIBLE that the cancer in the family is INHERITED, resulting from genetic mutations that we do not yet know how to identify.

For more information about Sharsheret, visit sharsheret.org or call 866-474-2774.