

Recipes to Help With Nausea

Ginger Tea

- 2-inch piece of fresh ginger root
- 3 cups water
- Honey (optional)
- Lemon slices (optional)

Wash and peel the ginger root and slice thinly.

Bring the water to a boil in a saucepan. Once water is boiling, add the sliced ginger. Cover the saucepan and reduce heat to low. Simmer for 15 to 20 minutes.

Strain the ginger slices from the liquid before drinking.

Add honey and lemon to taste. May be served hot or cold. To chill tea, pour over ice or refrigerate.

Yield: One 12-ounce serving

Nutrition information per serving: 0 calories

Green Tea Shake

- ½ cup vanilla soy milk
- ½ cup brewed green tea, chilled
- ¼ cup pomegranate juice
- ¼ cup frozen fruit of your choice

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving

Nutrition information per serving: 160 calories, 4.5 grams protein

High-Protein Gelatin

- 3-ounce package of regular (not sugar-free) flavored gelatin (any flavor)
- ⅓ cup dried (powdered) egg whites (you can find dried egg whites in the baking supply area of the grocery store or order the product online)

Prepare gelatin in a bowl according to package directions.

Add egg whites to warm gelatin mixture. Whisk mixture gently for 2 minutes, until egg whites are completely dissolved.

Cool gelatin mixture in the refrigerator.

Yield: 4 ½-cup servings

Nutrition information per serving: 115 calories, 8.8 grams protein

Fruit Freezer

- 1 cup frozen watermelon cubes
- ¾ cup frozen blueberries
- 2 teaspoons finely chopped ginger
- ¼ cup frozen apple juice concentrate
- 1 tablespoon lime juice
- ¼ cup ice cubes

Fresh mint for garnish

Blend all ingredients except mint in a blender until smooth. Garnish with fresh mint.

Yield: One 12-ounce serving

Nutrition information per serving: 200 calories



Three-Fruit Sipper

- 1 cup orange juice
- ½ cup lemon juice
- 1½ teaspoons almond extract
- 16-ounce can of jellied cranberry sauce
- 2 cups ginger ale, chilled

In a blender, combine the juices, almond extract, and cranberry sauce. Blend until smooth. Refrigerate until cold.

Just before serving, add ginger ale. Serve over ice.

Yield: Eleven ½-cup servings

Nutrition information per serving: 90 calories

Ginger Snap Cookies

- 1 cup packed brown sugar
- ¾ cup vegetable oil
- ¼ cup molasses
- 1 large egg
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- ¼ teaspoon salt
- ½ teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ⅓ cup white sugar for topping

Preheat oven to 375° F.

In a large bowl, mix together the brown sugar, oil, molasses, and egg.

In a separate bowl, mix the flour, baking soda, salt, cloves, cinnamon, and ginger.

Mix the dry ingredients into the molasses mixture to make a dough.

Roll dough into 1¼-inch balls. Roll each ball in white sugar before placing them 2 inches apart on an ungreased cookie sheets.

Bake for 10 to 12 minutes, or until centers of cookies are firm. Cool cookies on wire racks before eating.

Yield: 24 cookies

Nutrition information per cookie: 144 calories, 1.3 grams protein