

Pureed Chicken Breast Salad

A chicken salad in pureed form is an ideal bariatric puree recipe at a stage when you are required to eat smooth, finely consistent foods.

Serving: ½ cup

Prep Time: 3 minutes

Ingredients

- 1 cooked chicken breast
- 2 tbsp Greek yogurt (sugar-free)
- 2 tbsp fat-free mayonnaise
- 1/8 tsp onion powder
Salt and black pepper as per taste

Directions

- Place the cooked chicken breast in the food mixer-grinder
- Grind chicken breast till it achieves a baby food consistency
- Stir the contents in Greek yogurt and mayonnaise
- Add onion powder, salt and pepper and stir again