



Peanut Butter Chocolate Mousse *Regular Texture Diet*

Ingredients:

- 1 small ripe banana
- 1 piece (14 g) of 100% cacao
(with no added sugar or dairy)
- 1 Tbsp of creamy peanut butter

Method of Preparation:

1. Place $\frac{1}{2}$ banana on a microwave-safe dish
2. Add the peanut butter on top of the banana
3. Place the cacao on top of the peanut butter
4. Microwave for 30 to 45 seconds or until the cacao starts to melt and the banana is soft
5. Mix all in together
6. Savor each bite!

Please, use caution as the mix may be very hot.



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Recipe courtesy of Kimberly Maloomian, RD, LDN prepared in collaboration with Viviane Fornasaro-Donahue, MS, RDN, LDN