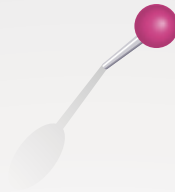


Adios™

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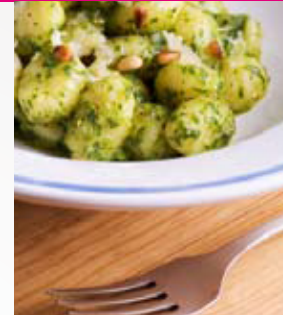
BAKED POTATO GNOCCHI WITH SPINACH & RICOTTA

Serves: 6

Calories per serving: 250

Ingredients

6 tablespoons low fat ricotta cheese
fresh basil
grated reduced fat mozzarella
2 tbsp grated parmesan cheese
1 egg
650 ml bottled tomato sauce
450g potato gnocchi
2 handfuls of spinach



Instructions

- 1 Preheat oven to 200C/400F/Gas 6. Lightly coat a large ovenproof dish with cooking oil and put aside.
- 2 In a small bowl, combine ricotta, basil, 4 tablespoons of the mozzarella, the parmesan and egg. Put aside.
- 3 Spread a thin layer of tomato sauce in the dish. On top of sauce, layer half of the uncooked gnocchi and spinach. Cover with another thin layer of sauce. Repeat process, ending with sauce. Sprinkle on remaining mozzarella.
- 4 Bake 40 minutes or until top is bubbly and cheese is lightly browned. Let sit 15 minutes before serving.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: