

# PUG RECIPES

Nutritional information based on one ½ inch slice (3 - 4 oz)  
(Sugars and sodium values are on the recipe pages)

pg #

- 31 E-Z: Calories 200 | TI Fat <1g | Carbos 49g (Fiber 2g) | Protein 3g**  
This is the original recipe and the easiest one to make. It is very low in calories and has just a minute amount of fat from the whole wheat and oats.
- 33 Nut'n E-Z: Calories 275 | TI Fat 7g(Sat 1g) | Carbos 51g (Fiber 4g) | Protein 5g**  
This is E-Z PUG (above) with walnuts and raw sunflower kernels. The nuts/seeds add extra fiber, protein and some saturated and unsaturated fat.
- 35 Fresh'n Nutty: Calories 306 | TI Fat 10g(Sat 1g) | Carbos 54g (Fiber 5g) | Protein 6g**  
This is a very delicious PUG made with fresh pineapple and apples. It has the same nuts/seeds as the recipe above with the addition of some pecans. (Blender required).
- 37 Banana Pumpkin Whopper: Calories 290 | TI Fat 8g(Sat 1g) | Carbos 55g (Fiber 5g) | Protein 6g**  
If you want moist and delicious, this is it. Each loaf uses three bananas, one cup of pumpkin (canned), walnuts and sunflower kernels.
- 39 Hi Pro: Calories 309 | TI Fat 8g(Sat 1g) | Carbos 47g (Fiber 6g) | Protein 18g**  
Get your protein using soy flour, non fat dry milk, brewer's yeast and protein powder. This recipe is 23% protein and can be easily increased. Dates and peanuts add a nice flavor.
- 41 Coconut Willy: Calories 315 | TI Fat 11g(Sat 4g) | Carbos 56g (Fiber 4g) | Protein 4g**  
An exceptionally delicious recipe using coconut, macadamia nuts, dried diced papaya and mango. This is one of the author's favorites.
- 43 Two Pears: Calories 380 | TI Fat 15g(Sat 2g) | Carbos 44g (Fiber 7g) | Protein 6g**  
Extremely rich and tasty, made with 3 avocados (YES! AVOCADOS), 2 cups of walnuts and one pound of dried diced pears. This PUG is very easy to make and one that will astound you and those you serve it to. Don't miss this one!
- 45 Powerhouse: Calories 264 | TI Fat 8g(Sat 1g) | Carbos 47g (Fiber 3g) | Protein 5g**  
**4 loaf recipe.** This is a *powerhouse* of nutrition and a good choice to always have on-hand; hence the 4 loaf recipe. (You can easily make 8 loaves: see page 17). It is made with fresh: pineapple, apples, bananas, carrots and has the nutritional add-ins: raw wheat germ, non fat dry milk, lecithin and 8 grain cereal. (Blender required).
- 47 Power Jam: Calories 368 | TI Fat 14g(Sat 2g) | Carbos 55g (Fiber 4g) | Protein 9g**  
**4 loaf recipe.** This is Powerhouse PUG (above) with a filling of creamy, natural peanut butter and 100% fruit jam. It's a little more *fragile* than most PUGs and tastes like candy!
- 49 The Eliminator: Calories 189 | TI Fat <1g(Sat 0g) | Carbos 44g (Fiber 4g) | Protein 4g**  
**Special Purpose PUG.** This low fat, low calorie PUG uses apple juice as its sweetener and is full of pumpkin, prunes and carrots. It is designed to help *Eliminate* constipation.