



# Season's Greetings!

*A healthy recipe to brighten up your holidays* 



## Shrimp Cocktail

*A high protein snack that can easily be cut up into dime-sized bites.*

*Medium sized shrimp that has already been de-veined and peeled is preferred.*

*Arrange on a plate with your cocktail sauce in the middle.*

## Preparation

*To make cocktail sauce, combine 3-4 parts Ketchup to 1 part horseradish (in 3:1 ratio), then add a dash of Worcestershire sauce, a dash of Tabasco sauce, and a squirt of lemon juice.*



*From myrecipes.com*



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