



Advanced Exercise Sciences

Depending on your caloric intake and amount of fat you may substitute low-fat or fat-free for higher fat ingredients or vice versa in order to bring the calorie count in line with your own or add higher fat foods



Jalapeno Sausage Poppers

Ingredients: (yields 18 servings)

- 6 oz cream cheese
- 12 oz sausage
- 18 large jalapeno peppers

Preparation:

1. Pre-heat oven to 350°F (175°C)
2. Cook sausage in a pan then drain and pat dry.
3. Slice jalapenos open and clean out the seeds and membrane.
4. Mix sausage and cream cheese together well.
5. Stuff jalapenos with cream cheese mixture.
6. place on a foil lined baking sheet, bake for 10-20 minutes (depending on how well you want them cooked)

*Options: cook them over a nice charcoal fire using soaked wood chips for added flavor

Serving Size: 1 Calories: 101, Total Fat: 8.4g, Total Protein: 5g, Total Carbohydrate: 1.4g, Total Fiber: 0.4
