

Nepro[®] with **CARB STEADY**[™]
therapeutic nutrition
for people on dialysis

Berry Tarts



INGREDIENTS

- 1 cup (8 fl oz) Mixed Berry Nepro[®] with Carb Steady[™], chilled
- 2 Tbsp sugar-free strawberry syrup
- One 1-oz package instant vanilla sugar-free pudding mix
- 1/2 cup sugar-free nondairy whipped topping
- 1 1/2 cups favorite mixed berries, rinsed
- Two 2.1-oz packages mini phyllo shells (15 per box)
- Fresh mint, garnish
- Confectioners' sugar, optional garnish

DIRECTIONS

1. Combine the Nepro with Carb Steady and sugar-free strawberry syrup in a mixing bowl and whisk in the pudding mix.
2. Mix vigorously for 2 minutes until thick.
3. Fold in the whipped topping.
4. Pour into an air-tight container and chill for 30 minutes or up to 24 hours or until ready to assemble the tarts.
5. To assemble the tarts, preheat the oven to 350 degrees. Place the shells on a baking sheet and bake for 4 to 5 minutes.
6. Transfer the shells to a wire rack and cool.
7. Fill each tart shell with the berry filling; place the fresh berries on top of each tart. Garnish with fresh mint and a light dusting of confectioners' sugar.

Serves: 15 • Serving Size: 2 Tarts

Exchanges¹: 1 Starch; 1 Fat
Carb Counting Systems: 1 Carb Choice

Nepro[®] with CARB STEADY™

therapeutic nutrition
for people on dialysis

Specifically designed to meet the nutrient needs of people on dialysis.
Every 8-fl-oz can provides 425 Calories and 19.1 g protein.



Available in Homemade Vanilla, Mixed Berry, and Butter Pecan

¹Calculated using Exchange Lists for Meal Planning, American Diabetes Association and American Dietetic Association, 2003.

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Berry Tarts

Nutrition Facts

Serving Size: 2 Tarts
Servings per Recipe: 15

Amount per Serving

Calories 80	Calories from Fat 35
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	125 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Sugars	1 g
Protein	1 g
Vitamin A	60 IU
Vitamin C	6 mg
Calcium	25 mg
Iron	0.4 mg
Phosphorus	75 mg
Potassium	50 mg

Use under medical supervision.

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Abbott Nutrition
Abbott Laboratories
Columbus, Ohio 43215-3034 USA

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