



## Mixed Berry Frozen Bars



### INGREDIENTS

- One (1 ounce) package raspberry flavored sugar-free gelatin
- $\frac{1}{4}$  cup hot water
- 2 tablespoons sugar-free strawberry syrup
- 1 cup (8 fl oz) Mixed Berry Nepro<sup>®</sup> with Carb Steady<sup>™</sup>
- $1\frac{1}{4}$  cups frozen raspberries, thawed and mashed (about  $\frac{1}{2}$  cup)
- $\frac{1}{2}$  cup sugar-free non-dairy whipped topping
- Wooden/plastic sticks or plastic spoons

### DIRECTIONS

1. In a small mixing bowl, combine the gelatin and hot water and whisk to dissolve. Stir in the strawberry syrup.
2. In a large mixing bowl, whisk together the Nepro with Carb Steady, gelatin mixture and mashed berries. Fold in the whipped topping.
3. Spoon the mixture into frozen bar molds or 5-ounce paper cups. Place a wooden stick or plastic spoon through the center of each mold or cup to create a handle.
4. Transfer the cups to a tray if necessary and freeze until firm, about 4 to 5 hours.
5. Release the bars from the molds or paper cups by dipping them into warm water for a few seconds. Serve immediately.

Serves: 8 • Serving Size: 1 bar

Exchanges<sup>1</sup>:  $\frac{1}{2}$  Starch;  $\frac{1}{2}$  High-Fat Meat  
Carb Choices:  $\frac{1}{2}$

# Nepro<sup>®</sup> 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

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

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### Nutrition Facts

Serving Size: 1 Bar  
Servings per Recipe: 8

#### Amount per Serving

Calories 90	Calories from Fat 30
Total Fat	3.5 g
Saturated Fat	1 g
Cholesterol	0 g
Sodium	120 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Sugars	3 g
Protein	5 g
Vitamin A	120 IU
Vitamin C	8 mg
Calcium	40 mg
Iron	0.7 mg
Phosphorus	75 mg
Potassium	65 mg

Use under medical supervision.

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