

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

Peach Raspberry Parfait



INGREDIENTS

- 1½ cups (12 fl oz or 1½ cans) chilled Homemade Vanilla Nepro[®] with Carb Steady[™]
- 1½ tsp vanilla extract
- 4 Tbsp instant sugar-free fat-free vanilla pudding mix
- ¾ cup sugar-free nondairy whipped topping, divided
- 12 sugar-free shortbread cookies (3 per serving), crushed
- 1 fresh peach (sliced), or 1 cup canned sliced peaches packed in sugar-free syrup
- ½ cup fresh or unsweetened frozen raspberries
- Fresh mint sprigs, garnish

DIRECTIONS

1. Combine the Nepro with Carb Steady and vanilla extract in a mixing bowl and whisk in the pudding mix. Mix vigorously for 2 minutes until thick.
2. Fold in ½ cup whipped topping.
3. Pour into an airtight container and chill for 30 minutes.
4. Arrange 4 serving containers, scoop ¼ cup sliced peaches into each container, and add three crushed cookies to each container.
5. Top each container with ½ cup of pudding, 1 Tbsp sugar-free nondairy whipped topping, and a few raspberries. Garnish with fresh mint as desired.

Serves: 4 • Serving Size: 1 Parfait

Exchanges¹: 3 Starch; 2 Fat
Carb Choices: 2½

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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Nutrition Facts

Serving Size: 1 Parfait
Servings per Recipe: 4

Amount per Serving

Calories 300	Calories from Fat 120
Total Fat	13 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	380 mg
Total Carbohydrate	39 g
Dietary Fiber	3 g
Sugars	6 g
Protein	9 g
Vitamin A	360 IU
Vitamin C	15 mg
Calcium	120 mg
Iron	2.2 mg
Phosphorus	205 mg
Potassium	180 mg

Use under medical supervision.

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