

Dialyvite[®]'s Whey Plus Protein Jello



A fun way to get protein while enjoying a delicious snack.

Ingredients:

- 1 box of sugar free Jello
- 2 heaping scoops Dialyvite[®]'s Whey Plus Protein
- 1 cup cold water
- 1 cup boiling water

Directions:

- Blend Dialyvite[®]'s Whey Plus Protein Powder in 1 cup of cold water.
- Dissolve jello powder in 1 cup of boiling water.
- Add the cold whey/water mix to the hot jello/water mix.
- Refrigerate 4 hrs or until firm.

Providing four ½ cup servings, each serving contains approximately:

6 grams of Protein	0 grams of Fat	.25 grams of Sugar	70 milligrams of sodium
50 milligrams of Potassium	12.5 milligrams of Phosphorus	1 gram of Carbohydrates	25 Calories