



Dr. Ross's Frosty's

(A High Protein Refresher)

½ cup sherbet

¼ cup cool-whip

**¼ cup 7-up (regular or diet) or cranberry
juice**

1 scoop designer protein powder

Mix together & enjoy!

Courtesy of:

Dennis Ross, MD & Neva Klein, RD

Renal Care Group of Wichita

Wichita, Kansas

