



Tropical Ice Cream Sandwiches

Diet type: CKD non-dialysis Dialysis Diabetes

Source: DaVita.com

Servings

15

Serving size

One 2-1/2" x 2-1/2" square

Ingredients

- 30 graham cracker squares
- 15-1/2 ounce can of crushed pineapple in juice, drained (reserve 1/2 cup of pineapple juice)
- 8 packets Splenda® sugar substitute
- 15 scoops (1-1/2 cups) Procel® protein powder
- 8 ounces nondairy whipped topping
- 1 packet envelope Knox® unflavored gelatin

Preparation

1. Line a 13" x 9-1/2" baking pan with plastic wrap allowing at least 10" to hang on both sides of pan.
2. Arrange 15 graham cracker squares in the pan and set aside.
3. In a large mixing bowl, mix crushed pineapple, Splenda® and Procel®, until there are no lumps.
4. Fold in whipped topping then set aside. (The folding motion keeps whipped topping airy and light.)
5. In a small saucepan, boil 1/2-cup pineapple juice. Add 1 packet of unflavored Knox® gelatin. Mix until dissolved then remove from heat.
6. Lightly fold in gelatin mixture with the whipped topping mixture.
7. Pour mixture evenly on the graham crackers.
8. Top mixture with remaining 15 graham cracker squares.
9. Put plastic wrap from the sides of the pan over the graham crackers. Cover with aluminum foil and seal well. Freeze overnight or at least 6 hours.
10. After freezing, cut into fifteen 2-1/2" x 2-1/2" pieces and put individual sandwiches into zip-locking style freezer bags for easy storage and serving.

Nutrients per serving

- Calories: 154
- Protein: 7 g
- Carbohydrates: 19 g
- Fat: 4 g
- Cholesterol: 0 g
- Sodium: 98 mg
- Potassium: 85 mg
- Phosphorus: 44 mg
- Calcium: 43 mg
- Fiber: .6 g

Renal and renal diabetic food choices

- 1 meat
- 1 starch
- 1/2 fruit, low potassium

Carbohydrate choices

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