

HIGH-PROTEIN GELATIN

Yield: 36 ½ cups

Serving: ½ cup

INGREDIENTS

1 gal. hot water

1 3-oz. packet **NutriCare Sugar-Free Gelatin** (any flavor)

½ bag (5 cups) **NutriCare Vanilla or Strawberry Nutritional Supplement**

INSTRUCTIONS

- Prepare gelatin according to package directions.
- Add **NutriCare Nutritional Supplement** to warm gelatin. Stir well.

VARIATION

Combine **NutriCare Vanilla Nutritional Supplement** with lime, lemon, orange or cherry gelatin. Use **NutriCare Strawberry Nutritional Supplement** with strawberry or cherry gelatin.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup Calories 60 Calories from Fat 0 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 0g	0%	Total Carbohydrate 9g
	Cholesterol 10mg	3%	Sugars 7g	
	Sodium 55mg	2%	Protein 5g	
	Vitamin A 15% • Vitamin C 60% Calcium 6% • Iron 15%			
	Not a significant source of saturated fat, trans fat, and dietary fiber.			

SUGAR-FREE GELATIN SQUARES

Yield: 1 gallon Serving: ½ cup (4 squares)

INGREDIENTS

1 bag **NutriCare Sugar-Free Gelatin Dessert Mix**

½ cup + 2 ¾ tsp. plain gelatin

½ gal. hot water

½ gal. cold water

INSTRUCTIONS

- Combine **NutriCare Sugar-Free Gelatin Dessert Mix** and plain gelatin in bowl.
- Add hot water and stir until dissolved.
- Add cold water and mix well.
- Pour into individual molds or 13 x 9” pans (1-1 ½” thick).
- Refrigerate until set. Cut into serving size squares.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serving Size 1/2 cup (approx. 4 squares)		Total Fat 0g	0%	Total Carbohydrate 0g	0%
Calories 15		Sodium 10mg	0%	Protein 3g	
*Percent Daily Values are based on a 2,000 calorie diet.		Vitamin C 50%			
Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, sugars, vitamin A, calcium, and iron.					