

# KATIE DRINK

Serving Size:  $\frac{3}{4}$  Cup = 6 oz.

Protein: 8 grams

## Ingredients:

	<b>1 portion</b>	<b>2 portions</b>	<b>4 portions</b>
Firm Gelatin	1/3 Cup	2/3 Cup	1 1/3 Cup
Ice Cream	$\frac{1}{4}$ Cup	$\frac{1}{2}$ Cup	1 Cup
Sm. Curd Cottage Cheese or Yogurt	$\frac{1}{4}$ Cup	$\frac{1}{2}$ Cup	1 Cup

## Directions:

1. Prepare a firm gelatin using 2 parts boiling water and 1 part cold water to gelatin. You are using less water to make it firmer.
2. Puree all 3 ingredients in a blender
3. Pour into serving dishes
4. Chill in refrigerator until set.

**NOTE:** Variations are encouraged so the person doesn't get tired of eating the same thing. You may add drained, canned fruit before pureeing. You can also substitute  $\frac{1}{4}$  cup yogurt for cottage cheese. I recommend making four portions because it is a nice dessert and in between meal snack

**Diabetics:** Use diet gelatin; 1 bread exchange, 2 fat exchanges, 1 protein exchange.

**Low Sodium:** 2 Gram: Rinse cottage cheese before using.

**Low Fat/ Low Cholesterol:** Use low-fat ice cream and cottage cheese.

**Bland:** OK.