



**No Added Sugar
High Protein Gelatin**
Diet Phase:
**Pre-surgery (before liquid diet) and
Phase 2: Full Liquids**

Equipment: Medium mixing bowl
2 cup capacity measuring cup
Whisk or hand mixer
8" by 8" pan or four small bowls or containers (4-6 oz. each)

Yield: 4 servings

Ingredients	Instructions:
1 small box (0.30 oz) sugar-free gelatin 1 cup boiling water	<ul style="list-style-type: none"> • In a medium mixing bowl, mix gelatin and boiling water. • Stir until gelatin is dissolved in cup of boiling water.
1 cup ice water	<ul style="list-style-type: none"> • Stir ice into hot mixture until mixture is room temperature.
Whey protein powder to equal 20-25 grams Remember: Keep whey protein under 140° F. to prevent the whey protein from curdling.	<ul style="list-style-type: none"> • Sprinkle whey protein powder into gelatin mixture. • Gentle beat until mixed. • Set bowl in fridge for 30-45 minutes. • Take bowl out of fridge and gently beat until thoroughly mixed. • Pour into pan or equally distribute between bowls or containers. • Put in fridge for several hours to set.

Each serving provides 5-6 grams of protein and 20-25 calories.