

# Protein Packed Snacks

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**Protein is important to keep the body running properly. Keeping your protein status up will give you energy and give your body what it needs to heal and fight off illness.**

## **Protein powders:**

- **Procel:** available at LRH, 5 grams/scoop, does not contain sodium, potassium or phosphorus.
- **MLO Milk and Egg Protein:** available at Smiths, Albertson's and Fred Meyer, 10.5 grams/scoop, contains sodium, potassium and phosphorus, but not in excessive amounts, also contains vitamins.

**These powders can be mixed into your milk or milk substitute, yogurt, soups, hot cereals, sprinkled over your food, or used in these delicious recipes:**

## **Bread Pudding**

*Makes 16 servings*

**2 eggs plus 2 egg whites  
3 cups water  
12 Tbsp protein powder  
1½ tsp vanilla  
1 Tbsp plus 1 tsp sugar  
¾ loaf cubed French bread  
Cinnamon and nutmeg to taste**



**Blend eggs, water, protein powder, vanilla, sugar and spices. Put bread in the bottom of a 9x12 casserole dish. Pour liquid over bread. Bake in the oven at 325 F for 20-25 min.**

	<b>Calories</b>	<b>Protein</b>	<b>Potassium</b>	<b>Sodium</b>	<b>Phosphorus</b>
<b>Milk &amp; Egg</b>	<b>154</b>	<b>13g</b>	<b>104mg</b>	<b>335mg</b>	<b>110mg</b>
<b>Procel</b>	<b>154</b>	<b>7 g</b>	<b>78 mg</b>	<b>290 mg</b>	<b>73mg</b>

## Instant Cranberry Ice Cream

*Makes 1 serving*

**2 Tbsp dried egg whites (these give the best texture and are available in the baking aisle at the grocery store)**

**½ c non-dairy whipped topping**

**¼ c cranberry sauce or relish**

**Chill cranberry sauce. When well chilled, whip with beater until smooth. Stir dried whites into whipped topping. Gently fold cranberry sauce into topping. Do not over mix. Freeze and serve.**

Calories	Protein	Potassium	Sodium	Phosphorus
258	9.8 g	148 mg	174 mg	65 mg

## Strawberry Ice Cream

*Makes 6, ½ cup servings*

**1 10 oz package frozen sweetened strawberries**

**1 Tbsp lemon juice**

**1 c crushed ice**

**¾ c non-dairy creamer**

**½ c sugar or sugar substitute (i.e. Splenda)**

**6 Tbsp milk and egg protein**

**Few drops red food coloring (optional)**

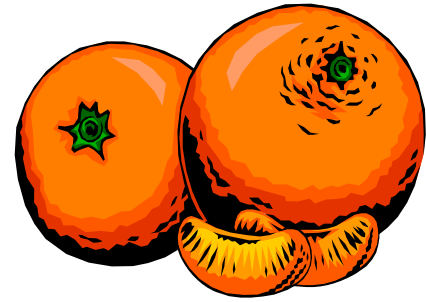


**Thaw strawberries just until they break into chunks. Place all ingredients in a blender. Blend until smooth and sugar is dissolved. Pour into a covered dish. Freeze until firm.**

	Calories	Protein	Potassium	Sodium	Phosphorus
Milk and Egg	144	11 g	158 mg	85 mg	75 mg
Procel	144	6 g	108 mg	25 mg	25 mg

## Orange Frost

- 1/2 c orange sherbet
- 1/2 c orange soda (or diet orange soda)
- 2 scoops milk and egg protein
- 2 Tbsp Cool Whip@



Pour ingredients into blender and blend. Pour into a glass and top with cool whip if desired.

	Calories	Protein	Potassium	Sodium	Phosphorus
Milk and Egg	249	22 g	276 mg	198 mg	176 mg
Procel	249	6 g	176 mg	78 mg	76 mg

## Frosted Lemon Cookies:

*Makes 18 cookies*

- 1/4 c margarine
- 1/2 c sugar/sugar substitute (Splenda)
- 1 egg or 1/4 c egg substitute
- 1/2 tsp vanilla
- 1 c flour
- 1/4 tsp baking soda
- 1/8 c lemon juice
- 3/4 c powdered sugar
- 2 Tbsp water
- 1/4 tsp lemon extract
- 4 scoops Milk & Egg powder

Preheat oven to 375° F.

Cream margarine and sugar until light and fluffy.

Add eggs and vanilla, beat well.

Stir flour and baking soda together in a small bowl.

Add to creamed mixture. Beat In lemon juice.

Drop by tablespoon onto un-greased baking sheet (insulated works best, or try laying down parchment paper on the cookie sheet).

Bake for 10-12 min. or until light golden brown. Cool.

In a small bowl, beat powdered sugar, water, protein powder, and lemon extract until smooth. Spread on cooled cookies.

Calories	Protein	Potassium	Sodium	Phosphorus
92	4.5 g	32 mg	52 mg	21 mg