



NUTRICIA **Pro-Stat Sugar Free** **RECIPES**

Quick and Delicious Ways to Incorporate More Protein Into Your Diet



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Pro-Stat® Sugar Free Recipes

This recipe book features several easy-to-prepare, delicious recipes that allow you to incorporate more protein into your diet.

For more recipe ideas, please visit our website at www.pro-stat.com.

USE UNDER MEDICAL SUPERVISION: Intake is to be determined by a healthcare professional and is dependent on age, body weight and medical condition.

Directions: Please shake well before use.

Please consult with your healthcare provider for the recipes that are right for your individual diet plan. Nutritionals contained within this booklet are approximated and may vary depending on brands used in recipe preparation.



Pro-Stat® Sugar Free: A Great Tasting Way to Help Meet Your High Protein Needs!

Pro-Stat Sugar Free is a medical food designed for the dietary management of wounds, and for those unable to meet their protein requirement from a normal diet.



Pro-Stat Sugar Free is:

- Low in volume! 1 fl oz (2 Tbsp) has 15 grams of complete, easily digested protein and 100 calories
- Available in four great tasting flavors: Wild Cherry Punch, Citrus Splash, Grape, and Vanilla
- Sugar free, gluten free, soy free, & kosher
- Available in bottles & single-serve pouches
- Appropriate for persons with diabetes*
- Able to be consumed by itself, or can be easily incorporated into a variety of recipes

*Pro-Stat Sugar Free can be suitable for persons with diabetes, however the recipes in this booklet may include sugar. For persons with diabetes, please consult your healthcare professional before incorporating new recipes into your diet.





Banana Grape Smoothie

Cool off with this creamy & delicious beverage

- 2 Tbsp Grape Pro-Stat® Sugar Free*
- 1 Banana
- ½ Cup Vanilla Yogurt
- ½ Cup Ice Cubes

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!
Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
281 kcals	20 g	52 g	0.5 g	3.5 g	120 mg	688 mg	80 mg

* 1fl oz = 2 Tbsp



Cherry Spritzer

A refreshing thirst quencher

- 2 Tbsp Wild Cherry Punch Pro-Stat® Sugar Free*
- 1 Cup Diet Lemon Lime Soda
- ½ Cup Grape Juice

Mix all ingredients together, pour over ice, and be refreshed! Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
160 kcals	15 g	26 g	0 g	0 g	75 mg	90 mg	50 mg

* 1fl oz = 2 Tbsp





Spiced Apple Cider

A great fall-time treat!

- 2 Tbsp Vanilla Pro-Stat® Sugar Free*
- 1 package sugar-free hot spiced cider**
- 8 fl oz water

Put water in microwave safe cup. Heat water in microwave on high for 90 seconds. Add sugar free cider mix. Stir until dissolved. Add Pro-Stat and stir. Drink while warm. Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
115 kcals	15 g	14 g	0 g	0 g	80 mg	25 mg	60 mg

* 1 fl oz = 2 Tbsp

**Nutritionals based on Alpine® Sugar-free Hot Spiced Cider. Alpine is used here solely as an example. Alpine has not endorsed, and is not affiliated in any way with, Nutricia or Pro-Stat Sugar Free.



Citrus Cooler

A fruity & flavorful drink

- 2 Tbsp Citrus Splash Pro-Stat® Sugar Free*
- 4 fl oz Pineapple Juice

Stir Pro-Stat Sugar Free into juice. Pour over ice and serve. Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
165 kcals	16 g	26 g	0 g	0 g	63 mg	38 mg	50 mg

* 1fl oz = 2 Tbsp





Iced Fruit Green Tea

Light & uplifting

- 2 Tbsp Grape Pro-Stat® Sugar Free*
- 1 Green Tea Bag
- Ice, as desired

Steep tea bag in boiling water. Stir in Pro-Stat Sugar Free. Pour over ice. Makes 1 serving

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
100 kcals	15 g	10 g	0 g	0 g	50 mg	40 mg	50 mg

* 1fl oz = 2 Tbsp



Cherry Mousse

A sweet & creamy indulgence

- 2 Tbsp Wild Cherry Punch Pro-Stat® Sugar Free*
- ½ Cup Sugar Free Instant Vanilla Pudding
- ½ Cup Whipped Topping

Prepare instant pudding according to directions on box. Mix ½ cup of pudding with Pro-Stat Sugar Free and whipped topping in a bowl and enjoy! Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
206 kcals	15 g	20 g	6 g	0 g	130 mg	20 mg	50 mg

* 1fl oz = 2 Tbsp





Tropical Gelatin

A refreshing dessert

- ¼ Cup Citrus Splash Pro-Stat® Sugar Free*
- 1 package (4 serving size) sugar-free gelatin
- 1 ¾ cup boiling water

Add boiling water to sugar-free gelatin. Stir for two minutes until gelatin is completely dissolved. Add Pro-Stat Sugar Free and stir. Refrigerate until firm, approximately 1 hour. Makes 4 servings.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
210 kcals	31 g	20 g	0 g	0 g	145 mg	40 mg	100 mg

* 1fl oz = 2 Tbsp



Cherry Cheesecake Pudding

A creamy, mouth-watering treat

- 2 Tbsp Wild Cherry Punch Pro-Stat® Sugar Free*
- ½ Cup Sugar Free Instant Cheesecake Pudding
- 2 Graham Cracker Squares, crushed

Prepare instant pudding according to directions on box. Mix ½ cup of pudding with Pro-Stat Sugar Free in a bowl and top with crushed graham cracker. Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
184 kcals	16 g	27 g	1 g	0 g	445 mg	39 mg	65 mg

* 1fl oz = 2 Tbsp





Vanilla Float

Old-fashioned & flavorful

- 2 Tbsp Vanilla Pro-Stat® Sugar Free*
- 1 Cup Diet Lemon Lime Soda
- 1 Scoop Vanilla Ice Cream (about ½ Cup)

Stir Pro-Stat and lemon lime soda in a tall glass. Add in a scoop of vanilla ice cream and enjoy with a spoon. Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
250 kcals	18 g	25 g	9 g	0g	110 mg	90 mg	50 mg

* 1fl oz = 2 Tbsp



Fruity Applesauce

Packed with a high protein punch

- 2 Tbsp Citrus Splash Pro-Stat® Sugar Free*
- ½ Cup Unsweetened Apple Sauce

Stir all ingredients together until mixed well. Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
151 kcals	15 g	24 g	0 g	1 g	52 mg	110 mg	56 mg

* 1fl oz = 2 Tbsp





Peanut Butter & Jelly Milkshake

A classic & comforting treat

- 2 Tbsp Grape Pro-Stat® Sugar Free*
- 2 Tbsp Creamy Peanut Butter
- 1 Cup Vanilla Ice Cream
- ½ Cup Milk**

Place all ingredients in a blender and blend until smooth. Pour into a glass and drink or eat with a spoon. Makes 1 serving.

Nutrition Information per Serving:

Calories	Protein	Carbs	Fat	Fiber	Sodium	Potassium	Phosphorus
641 kcal	32 g	53 g	36 g	2 g	324 mg	603 mg	166 mg

* 1fl oz = 2 Tbsp

**Nutritionals based on 1% milk



Additional Pro-Stat® Sugar Free Mixing Ideas & Recipes

Try mixing Pro-Stat with any of the following:

- Instant Sugar Free Lemonade
- Club Soda, Seltzer, or Diet Soda
- Juice





Pro-Stat is available through many online retailers.

Call 1-800-221-0308 (option 1)

or visit **www.pro-stat.com/how_to_buy.asp** for more information.

www.pro-stat.com



Nutricia leads the development of advanced medical nutrition. Nutricia products and services transform the daily lives of millions of infants, children, adults and seniors.

