

LET'S GET COOKING: STRAWBERRY ICE

Ingredients

- 1 cup strawberries mashed or pureed
- 1 cup sugar
- ¼ cup lemon juice
- 2 cups water

Directions

Mash fresh strawberries to make 1 cup. Combine water, strawberries and sugar in a saucepan. Bring to a boil. Remove from heat. Add lemon juice; stir. Freeze in ½ cup dessert dishes or small 3oz paper cups.

Variation: May use blueberries or raspberries.
Serves about 9

Analysis

Serving Size: 1 desert dish or 1 paper cup
Choice: 1/3 cup fluid, limit to once serving daily

Calories: 95

Protein: tr

Total Fat: tr

Saturated Fat: 0

Cholesterol: 0

Carbohydrates: 25

Calcium: 4

Phosphorus: 6

Potassium: 52

Sodium: tr

LET'S GET COOKING: SWEDISH CREPES

Ingredients

- 3 eggs
- 1 ¼ cups of 2% milk
- ¾ cup sifted all-purpose flour
- 1 tablespoon sugar
- ½ teaspoon salt
- Cooking spray

Directions

In medium mixing bowl, beat eggs until thick and lemon-colored. Add sugar and salt. Gradually add sifted flour alternating with milk, beating with electric mixer or wire whisk until smooth. Drop batter by tablespoons onto moderately hot sprayed griddle or skillet. Spread batter evenly to make thin cakes. . Turn when underside is light brown. Makes 50 four-inch thin pancakes. Serves 7.

Serving Suggestions:

- Serve with fresh strawberries or blueberries and top with 1 to 2 teaspoons Lite Cool Whip.
- Place a spoonful of applesauce in center of pancake, sprinkle with cinnamon and roll.

Analysis

Serving Size: 7 pancakes/crepes

Choice: 1 Milk, 1 Bread/Starch

Calories: 110

Protein: 5

Total Fat: 3

Saturated Fat: 1

Cholesterol: 93

Calcium: 95

Phosphorus: 90

Potassium: 105

Sodium: 130