

Berry Skewers with Cheesecake Dip (Low Protein)



Life is sweet with this easy, fruity, creamy dessert!

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

1 package	Cheesecake Flavor Jell-o Instant Pudding Mix
½ cup	Rice Dream Original Rice Milk
8 oz. tub	Cool Whip or any non-dairy whipped topping
1 pint	Strawberries, halved
1 pint	Blueberries
18 each	4-inch Skewers

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium bowl, combine the pudding mix and rice milk, whisking to combine thoroughly.
3. Add the cool whip and use a rubber spatula to fold into the pudding mixture until no streaks remain. Transfer to a serving bowl and store in the refrigerator until ready to serve.
4. Assemble the skewers by threading the strawberry halves and blueberries in an alternating pattern. You should be able to fit about 3 pieces of each berry on each skewer. Serve alongside the cheesecake mixture for dipping!

Simplified Diet
Protein

Serving	0g
Recipe	0g

CHEF'S NOTES

Serving size: 3 fruit skewers with ½ cup dip

Alternate flavor options:

- Chocolate pudding mix with raspberries
- Butterscotch pudding mix with sliced apples

Freeze leftover Cheesecake Dip for a sweet treat scoopable straight from the freezer!

Nutrition Facts

6 servings per container

Serving size

3 skewers + 1/2 cup dip (183g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 36g **13%**

Dietary Fiber 2g **7%**

Total Sugars 28g

Includes 16g Added Sugars **32%**

Protein 1g

Vitamin D 0.4mcg 2%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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