

High Protein Jell-O Mousse

Recipe from RAMC Dietitians

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Ingredients:

1 3oz box of favorite sugar-free Jell-O

10oz Greek yogurt

1 scoop whey protein powder

Instructions:

1. Heat 1 cup water until warm (not boiling)
2. Combine water and Jell-O mix.
3. Add yogurt and whey powder. Blend until smooth.
4. Pour into 4 containers and let set.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 106	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 99 mg	4 %
Potassium 39 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 14 g	27 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	13 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



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