



Delicious!

PREPARATION: 20 MINUTES | COOKING: 2 HOURS | SERVINGS: 4

STRAWBERRY ETON MESS

INGREDIENTS

2 egg whites

¼ cup white sugar

¼ teaspoon vanilla

2 cups fresh strawberries,
washed and sliced

2 cups Lite Cool Whip®

PREPARATION

- 1** Preheat oven to 200°F and line a baking tray with parchment paper.
- 2** In a bowl, whip the egg whites until frothy. Slowly add the ¼ cup of sugar and whisk until soft peaks form. Mix in the vanilla.
- 3** Drop teaspoons of the meringue on the parchment-lined baking tray to form cookies. Bake for 1½ hours. Turn off oven and leave the cookies in the oven to continue to crisp.
- 4** In a mixing bowl, add the sliced strawberries and mash slightly to release their juices.
- 5** For the cookies to stay nice and crisp, assemble the Eton Mess just before serving: Crumble the meringue cookies into the bowl. Add the Cool Whip® and fold all the ingredients together. Serve in a trifle bowl or 4 individual bowls.

SUGGESTIONS

- ✓ *Eton Mess comes from Great Britain and is traditionally made with strawberries, but feel free to substitute with your favorite berries.*
- ✓ *To save time, buy meringue cookies instead of making your own.*



STRAWBERRY ETON MESS



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

1 Starch + 1 Lower-Potassium Fruit

Calories **168**

Protein **3g**

Total Carbohydrate **28g**

Fiber **2g**

Sugars **26g**

Fat **5g**

Saturated **4g**

Cholesterol **1mg**

Sodium **55mg**

Potassium **193mg**

Phosphorus **50mg**

Calcium **41mg**

Iron **0mg**

Magnesium **15mg**

Vitamin C **49mg**

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

POTASSIUM CHECK ✓

The hidden potassium in beverages

Today there are so many beverages available. In general, fruit juices, vegetable juices and milk or dairy type drinks are rich in potassium.

Fortunately, there are some fruit juices that are lower in potassium for you to enjoy. Examples include apple juice or cider, cranberry, grape or pineapple juice and various nectars. These juices are considered to be lower in potassium when they are consumed in ½ cup, or 4-ounce portions.

Be aware that a small glass of juice is equal to a fruit serving and should be counted as such when adding up the number of fruit servings per day to avoid consuming more than the recommended allowance.

Vegetable juices tend to be higher in potassium as they typically contain tomato juice. It is unusual for beverages to contain potassium additives, but it is important to read the ingredient list to make sure that this is indeed the case.

In general, beverages that contain either no or very little potassium include water, sparkling water and tea.

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