

BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES USING PRO-STAT

PRO-STAT BERRY JUICE

4 oz Juicy Juice, berry flavored
1 tablespoon Wild Cherry or Natural Pro-Stat

Stir Pro-Stat into juice. Pour over ice and serve.

Note: also good in apple and grape juice.

NUTRITION INFORMATION PER SERVING: Calories 92;
Protein 8 grams; Carbohydrate 16 grams; Fat 0 grams;
Sodium 5 mg; Calcium 0 mg

PRO-STAT BERRY ICE

4 oz Juicy Juice, berry flavored
1 tablespoon Wild Cherry or Natural Pro-Stat

Stir Pro-Stat into juice. Freeze. Eat with a spoon.

NUTRITION INFORMATION PER SERVING: Calories 92;
Protein 8 grams; Carbohydrate 16 grams; Fat 0 mg;
Sodium 5 mg; Calcium 0 mg

PRO-STAT ICED TEA

8 oz decaffeinated iced tea
1 oz (2 tablespoons) Wild Cherry or Natural Pro-Stat

Stir Pro-Stat into iced tea. Serve over ice.

NUTRITION INFORMATION PER SERVING: Calories 64;
Protein 15 grams; Carbohydrate 1 gram; Fat 0 grams;
Sodium 0 mg; Calcium 0 mg

PRO-STAT CIDER

1 package Alpine sugar free hot-spiced cider
8 oz water
1 tablespoon Wild Cherry or Natural Pro-Stat?

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.

NUTRITION INFORMATION PER SERVING: Calories 47;
Protein 8 grams; Carbohydrate 5 gram; Fat 0 mg; Sodium 30 mg;
Calcium 20 mg

PRO-STAT TEA

8 oz hot water
1 decaffeinated tea bag (try a variety of flavored teas)
1 oz (2 tablespoons) Wild Cherry or Natural Pro-Stat

Place water in microwave safe cup. Heat on high for 90 seconds. Steep tea until desired flavor. Stir in Pro-Stat and serve immediately.

NUTRITION INFORMATION PER SERVING; Calories 64;
Protein 15 grams; Carbohydrate 1 gram; Fat 0 grams;
Sodium 0 mg; Calcium 0 mg

PRO-STAT GELATIN

1 package (4 serving size) sugar free gelatin
1 3/4 cup boiling water
1/4 cup Wild Cherry or Natural Pro-Stat

Add boiling water to sugar free gelatin. Stir for two minutes until gelatin is completely dissolved. Add Pro-Stat and stir. Refrigerate until firm, approximately 1 hour. Makes 4 1/2 cup servings.

NUTRITION INFORMATION PER SERVING: Calories 35;
Protein 8 grams; Carbohydrate 1 gram; Fat 0 grams;
Sodium 5 mg; Calcium 0 mg

SUPER PRO-STAT GELATIN

1 package (4 serving size) sugar free gelatin
1 1/2 cup boiling water
3/8 cup Wild Cherry or Natural Pro-Stat

Add boiling water to sugar free gelatin. Stir for two minutes until gelatin is completely dissolved. Add Pro-Stat and stir. Refrigerate until firm, approximately 1 hour. Makes 4 1/2 cup servings.

NUTRITION INFORMATION PER SERVING: Calories 51; Protein 12 grams; Carbohydrate 1 gram; Fat 0 mg; Sodium 5 mg; Calcium 0 mg

WILD CHERRY YOGURT

1/2 cup plain, unflavored yogurt
1 tablespoon Wild Cherry Pro-Stat

Stir Wild Cherry Pro-Stat into yogurt.

NUTRITION INFORMATION PER SERVING: Calories 124;
Protein 21; Carbohydrate 11 grams; Fat 0 grams; Sodium 95 mg;
Calcium 200 mg

WILD CHERRY APPLESAUCE

1/2 cup applesauce, unsweetened
1 tablespoon Wild Cherry Pro-Stat

Stir Wild Cherry Pro-Stat into applesauce until mixed well.

NUTRITION INFORMATION PER SERVING: Calories 84;
Protein 8 grams; Carbohydrate 14 grams; Fat 0 grams;
Sodium 2 mg; Calcium 2 mg