

JELL-O® Parfait

Recipe developed by Paige Vondran



Ingredients

		Exchange
Heavy cream	25g heavy cream	—
Protein	8.7g dry roasted pecans, chopped	1 (-5.5g fat)
	48.4g homemade cherry sugar-free JELL-O®	0.2 (+0.2g fat)
Fat	6.2g butter, room temperature	2.3 (-5.3g)
Carbohydrate	1.2g JELL-O sugar-free chocolate instant pudding dry mix	2.3 (-5.3g)

Directions:

- In a bowl, make the cherry JELL-O® according to the directions on the box, allowing enough time to set.
- Whip the heavy cream and the room-temperature butter to a firm consistency. A hand mixer or Magic Bullet™ can be used for this process.
- Weigh the JELL-O chocolate pudding dry mix and stir into the whipped cream and butter mixture until there are no more granules.
- Chop the pecans into very small pieces.
- When plating, pour the chocolate whipped cream on the bottom, then layer with the cherry JELL-O, finishing with the chopped nuts.
- Serve chilled.

Notes on adjusting this recipe to fit your child's personal meal plan:

- This recipe is extremely flexible and may easily be adjusted to any ratio by adding more or less of the different ingredients.

Variations:

- The best way to hide the fat is by using the butter in the whipped cream; however oil may be whipped into the cream as well.
- Different flavors of JELL-O as well as vanilla pudding can be used.
- Nuts may be omitted for an alternative protein such as cream cheese or yogurt, which could be whipped with the heavy cream.
- Chocolate pudding may be replaced with other carbohydrates like berries for a fruity parfait, or cereals for a crunchier texture.

Copyright 2016 •16NEU0018/NP/02-16

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.