

## RASPBERRY FRUIT RINGS



|              | Ingredients  | Exchanges          |
|--------------|--|--------------------|
| Protein      | 1 gm Jell-O® sugar free gelatin powder, raspberry flavor | 0.3 (+0.3 gm fat)  |
|              | 7.8 gm Bob's Red Mill® soy flour                         | 2.5 (+1.25 gm fat) |
|              | 15.5 gm raw egg white                                    | 0.9 (+0.9 gm fat)  |
| Fat          | 26.5 gm canola oil                                       | 6 (+2.5 gm)        |
| Carbohydrate | Choice of carbohydrate                                   |                    |
| Other        | 4 gm erythritol  |                    |

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Preheat oven to 350° F.
- Whisk together the egg whites, erythritol, and gelatin powder.
- Add the soy flour and mix together using a rubber spatula.
- Line a baking sheet with parchment paper.
- Pour the mixture into the corner of a plastic sandwich bag (to create your own piping bag).
- Using scissors, cut a tiny hole at the corner of the bag.
- Pipe the batter into small circles leaving half an inch between each.
- Bake in the preheated oven for 6-9 minutes until slightly firm.
- In a serving bowl, thoroughly whisk together the canola oil and heavy cream.
- Serve the fruit ring cereal in the bowl of cream and oil topped with choice of carbohydrate.

### VARIATIONS

- Other flavors of Jell-O® sugar free gelatin powder can be used such as cherry, strawberry, and orange.
- Carbohydrates such as fresh strawberries, raspberries, blueberries, or sliced banana can be served with this recipe.
- Canola oil should be emulsified into the liquid heavy cream before serving to create a smooth mixture. Emulsification can be done by using a whisk or milk frother.