

PREPARATION: 30 MINUTES | FREEZING: 4 HOURS | SERVINGS: 8

SUMMER BERRY SEMIFREDDO

INGREDIENTS

<i>1 cup fresh strawberries</i>	<i>¼ cup white sugar*</i>	<i>1 tablespoon lemon juice</i>
<i>1 cup fresh blackberries</i>	<i>¼ cup pasteurized egg whites</i>	<i>1 teaspoon vanilla</i>
<i>2 tablespoons water</i>	<i>¼ cup white sugar</i>	<i>1 cup Cool Whip®</i>

* To lower the carbohydrate contents you can use a sugar substitute such as Splenda®

PREPARATION

- 1 Combine the berries and water with the sugar in a saucepan and bring to a boil. Simmer until the berries soften (5-10 minutes).
- 2 Allow berry mixture to cool and blend thoroughly. Pass berries through a fine strainer to remove the seeds.
- 3 In a separate bowl, whip egg whites until frothy. Slowly add the sugar and whisk until soft peaks form.
- 4 Add lemon juice and vanilla to the berry mixture. Fold in the Cool Whip® and beaten egg whites with a spoon.
- 5 Transfer into dessert dishes of your choice. Cover with plastic wrap and freeze for at least 4 hours.
- 6 Garnish with fresh berries and serve.

SUGGESTIONS

- ✓ *You can also freeze the semifreddo in a single container, such as a square pan or a muffin pan. To make removal easy after freezing, line the pan or muffin compartments with plastic wrap. Always cover with plastic wrap before freezing.*
- ✓ *This dessert can be made a day or two ahead of serving.*
- ✓ *Try it with other types of fresh berries!*



SUMMER BERRY SEMIFREDDO



Nutrient Analysis	
PER SERVING	
1/3 of recipe	
Renal/Diabetic Exchanges:	
1 Lower-Potassium Fruit	
Calories	89
Protein	1g
Total Carbohydrate	18g
Fiber	1g
Sugars	17g
Fat	1g
Saturated	1g
Cholesterol	0mg
Sodium	21mg
Potassium	88mg
Phosphorus	19mg
Calcium	18mg
Iron	0mg
Magnesium	8mg
Vitamin C	17mg

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

POTASSIUM CHECK ✓

Enjoy low-potassium fruits

Eating fruit every day is part of a healthy diet. Fruits provide fiber and vitamins, as well as antioxidants and phytochemicals, which are nutrients that help protect you from a variety of diseases. However, they can also be a rich source of minerals such as potassium. Potassium is a mineral that can be harmful if you eat more than your kidneys can handle. When this occurs, the potassium level in your blood can increase to a dangerously high level.

Fortunately, there are a number of fruits that are lower in potassium, so if you have chronic kidney disease and must monitor the amount of potassium in your diet, these are the fruits that you should choose on a daily basis.

When limited to ½-cup portions, lower-potassium fruits include apples, berries, cherries, clementines, fruit cocktail, grapes, kiwi, lemon or lime, mandarin oranges, pears, pineapple, plums, tangerines and watermelon.

Juices from these fruits are also considered to be a good choice for you. Ask your dietitian how much of these foods you should eat each day to maintain good health and avoid high potassium levels.

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