

Each 1 oz. (2 Tablespoon) serving of Pro-Stat provides 15 grams of readily absorbed protein. Pro-Stat comes in Wild Cherry Punch and Butter Pecan flavors. Pro-Stat may be taken alone or used in the following recipes.

Pro-Stat Gelatin

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

Add boiling water to sugar free gelatin. Stir for two minutes until gelatin is completely dissolved. Add Wild Cherry Punch 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 Punch Pro-Stat

Add boiling water to sugar free gelatin. Stir for two minutes until gelatin is completely dissolved. Add Wild Cherry Punch 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.

Pro-Stat Cider

1 package Alpine® sugar free hot-spiced cider
8 oz water
1 tablespoon Wild Cherry Punch 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 Wild Cherry 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 Berry Juice

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

Stir Wild Cherry Punch 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 Punch Pro-Stat

Stir Wild Cherry Punch 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 Tea

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

Place water in microwave safe cup. Heat on high for 90 seconds. Steep tea until desired flavor. Stir in Wild Cherry Punch 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 Iced Tea

8 oz. decaffeinated iced tea
1 oz. (2 tablespoons) Wild Cherry Punch Pro-Stat

Stir Wild Cherry Punch 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.

Wild Cherry Yogurt

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

Stir Wild Cherry Punch Pro-Stat into yogurt.

Nutrition Information per Serving: Calories 124; Protein 21 grams;
Carbohydrate 11 grams; Fat 0 grams; Sodium 95 mg; Calcium 200 mg.

Wild Cherry Applesauce

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

Stir Wild Cherry Punch 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.

Hot Butter Pecan

8 oz. hot water

1 tablespoon Butter Pecan Pro-Stat

Stir Butter Pecan Pro-Stat into hot water.

Nutrition Information per Serving: Calories 32; Protein 8 grams;
Carbohydrate 1 gram; Fat 0 grams; Sodium 0 mg; Calcium 0 mg.

Butter Pecan Yogurt

1/2 cup plain, unflavored yogurt

1 tablespoon Butter Pecan Pro-Stat

Stir Butter Pecan Pro-Stat into yogurt.

Nutrition Information per Serving: Calories 124; Protein 21 grams;
Carbohydrate 11 grams; Fat 0 grams; Sodium 95 mg; Calcium 200 mg.

Butter Pecan Shake

1/2 cup skim milk

1/2 cup plain, unflavored yogurt

2 tablespoons Butter Pecan Pro-Stat

Stir all ingredients together.

Nutrition Information per Serving: Calories 169; Protein 25 grams;
Carbohydrate 17 grams; Fat 0 grams; Sodium 158 mg; Calcium 350 mg.

Additional Pro-Stat™ Mixing Ideas & Recipes

Pro-Stat™64 Wild Cherry Punch

Crystal Light® Lemonade (very good)

Kool-Aid® (so-so):

- Cherry
- Watermelon

Pro-Stat™101 Wild Cherry Punch

Club Soda/Seltzer (foamy, but good taste)

Pear Juice

Pineapple Juice (very good)

Pro-Stat™ Butter Pecan (any formula)
Coffee (very good)

Cherry Pie Gelatin*
By MaryAnn Turlington, RD, LDN

1 small package diet cherry gelatin
1 cup boiling water
1/2 cup cold water
1/2 cup Pro-Stat™ 64 Wild Cherry Punch
2 tsp. lite cherry pie filling
Whipped topping

Mix gelatin with hot & cold water and Pro-Stat™ 64. In bottom of a small cup (5 oz.), place pie filling. Pour gelatin mix over pie filling. Chill. Serve with whipped topping.

Makes 4 servings. 15 grams protein for each 1/2 cup serving.

Cherry Gelatin* (or Strawberry Gelatin)
By Melissa "Missy" Loverich, RD and MaryAnn Turlington, RD, LDN

1 small package diet cherry or strawberry gelatin
1 cup boiling water
1 cup Pro-Stat™ 64 Wild Cherry Punch

Makes 4 servings. 30 grams of protein for each 1/2 cup serving.

* Can be made with sugar-free, low calorie gelatin for diabetics or to cut back on sweetness.