

10 Protein Pops

These pack just about 10 grams of protein per serving and work great for PostOp Gastric Sleeve! I will be eating these daily after my surgery on March 6, 2023.



16 oz water (boiling)

10 oz water (cold)

6 oz Liquacel Protein Concentrate of your choice (used Grape)

1 box sugar free jello of your flavor choice (used Strawberry)

Vanilla skinny syrup to sweeten to your liking

Make jello like normal, but the cold water part. Add the liquiacel to it and stir until mixed. Then add the cold water/protein mixture to your jello. Mix until everything has fully dissolved, add vanilla skinny syrup to sweeten if needed. I needed it!

Total Recipe: Cals: 0; Carbs: 36; Sodium: 300mg ; Sugar: 0; Protein: 96g; Calcium: 192mg; Iron: 6mg; Potassium: 60mg; Phosphorus: 120mg;

Per Serving: Cals: 0; Carbs: 3.6; Sodium: 30mg ; Sugar: 0; Protein: 9.6g Calcium: 19.2mg; Iron: 0.6mg; Potassium: 6mg; Phosphorus: 12mg;

NOTES:

Get the Popsicle Pack to make these here: <https://amzn.to/3Zlhaoc>

Get the Liquiacell to add Protein to these pops here: <https://amzn.to/3ybOoAw>

Created by Shannon Baker

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For those that don't know, I use Minnie Barker on Facebook because I write stories and it's the fictitious name I created to write with.