



**KIDNEY-FRIENDLY**

# Frozen Whipped Topping Sandwich

Makes 4 servings



## INGREDIENTS

- 4 Graham cracker rectangles- each 2 squares**
- 8 tbsp light whipped topping**
- 1 tbsp rainbow sprinkles**

## DIRECTIONS

Break graham cracker sheets in half. Each sheet will be 2 square pieces.

Top half of the graham crackers with 2 tbsp whipped topping. Place the other half of the graham cracker on top to make a "sandwich."

Smooth the edges of the sandwich with a spoon. Dip each edge of the sandwich into sprinkles to coat.

Freeze for at least 2 hours in the freezer until frozen through.

Once frozen, remove from the freezer.

Enjoy!

<b>Nutrition Facts Per Serving</b> (1 sandwich)	Calories	100
	Carbohydrates	17 g
	Protein	1 g
	Total Fat	3 g
	Phosphorus	32 mg
	Potassium	33 mg
	Sodium	79 mg

*The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*