

Frozen Chocolate Chip Cheesecake: A Recipe For People on a Regular Renal Diet

1-1/4 Cups Crushed Graham Crackers (16 Squares)

1/4 Cup Sugar

6 tbs. Melted Margarine

*One 8-oz. Package Plus One 3-oz. Package Cream Cheese,
Softened*

1 Quart Chocolate Ice Cream,

1/2 Cup Semisweet Chocolate Chips, Chopped

Combine graham cracker crumbs, sugar, and margarine. Press on the bottom and 1-3/4-inches up the sides of an eight-inch spring-form pan. Chill. Beat the cream cheese with an electric mixer until fluffy. Set aside. Stir ice cream just enough to soften. Gradually add it to the cream cheese, beating with a mixer until smooth. Fold in chopped chocolate chips (save a tablespoon for garnish). Pour into crust. Cover and freeze for eight hours or overnight. To serve, let stand at room temperature 30-40 minutes. Garnish with “Cool Whip,” if desired, and the reserved chocolate. Makes 10 servings.

Each serving equals one milk, one salted starch, and two calorie boosters. A serving contains 385 cal., 6.2 g of protein, 28 g of fat, 29 g carb., 267 mg of sodium, and 190 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation’s *Creative Cooking for Renal Diets*, by the Cleveland Clinic Foundation’s Department of Nutrition Services, Pat Ellis, MS, RD, published by Senay Publishing, Inc. They are reprinted with the kind permission of Jim Senay, Patient Support Services (www.patientsupport.net). Always check with your healthcare team to know which foods are best for you.