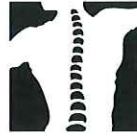


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling/Weight loss DRX Spinal Decompression Chiropractic Acupuncture Soleve Comprehensive Blood Analysis

Lemon-Vanilla Meringue

- 1 small pkg lemon sugar-free gelatin
- 1 pkg IP vanilla pudding

Add 1 cup boiling water for 1 pkg of lemon gelatin, stir until dissolved. Shake 1 cup of cold water with 1 pkg IP vanilla pudding. Once pudding is combined, add it to the hot gelatine mixture. Cover and refrigerate until set.

It will make a LARGE portion that can be enjoyed throughout the day! You only used 1 pkg of unrestricted IP food.

You can also try this with IP chocolate pudding and cherry, strawberry or raspberry gelatine. IP butterscotch pudding goes great with orange gelatine. Try it and let us know what you think!

