

## **BLUEBERRY CREAM CONES**

These blueberry cream cones are a good substitute for ice cream cones. They provide 60% less potassium and phosphorus.

Portions: 6

Serving Size: 1 cone

### **Ingredients**

4 ounces cream cheese

1 cup whipped topping (example: Cool Whip®)

1 ¼ cup fresh or frozen blueberries

¼ cup blueberry jam or jelly

6 small ice cream cones



### **Preparation**

Soften cream cheese. Place in a bowl and beat with a mixer on high until smooth and fluffy. Fold fruit, jam and whipped topping into the cream cheese. Fill cones and chill in the freezer until ready to serve.

### **Helpful Hints**

Use fat-free whipped topping, low fat cream cheese and sugar-free jelly to reduce sugar and fat.

Change the flavour of the cones by using a different type of berry and jam, such as raspberries.

### **Nutritional content per serving:**

138 calories, 65 mg potassium, 28 mg phosphorus

### **Renal and Diabetic food choices:**

½ starch, ½ low potassium fruit

Adapted from [www.davita.com](http://www.davita.com)