

Coconut Almond Meringe Drops: 2 Net Carbs per Drop

Add ons for Increments of 15:



Item	Quantity	Estimated Carbs	Total Carbs w/ Meringue Drops
With Milk:			
Skim Milk	8 oz (1 cup)	net carbs: 12	14 net carbs
2% Lowfat Milk	8 oz (1 cup)	net carbs: 13	15 net carbs
Soy Milk	8 oz (1 cup)	net carbs: 13.5	15.5 net carbs
With Fresh Fruit:			
1 Orange	Medium	net carbs: 12	14 net carbs
Cherries	12	net carbs: 12	14 net carbs
With Graham Crackers			
	5 squares	30 net carbs	32 net carbs

* These are suggestions, with estimated carbs. The exact carb count will vary based upon the precise brands and quantities you choose.