

Kidney Friendly Cookbook



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How to use this book

Our cookbook has been designed with our kidney patients and their families in mind. All our recipes can be enjoyed by the whole family and have been cleverly adapted for those on restricted diets.

Most foods can be incorporated into a kidney friendly diet in some way, although quantities will need to be adjusted. This cookbook has been designed to give ideas on how everyday family foods can be simply adapted to suit a special kidney diet.

We have used traffic light coding for the recipes, to display the potassium, sodium and phosphate content. Coding is shown in a traffic light format, as below. Coding information for dietitians is available on request.

If a recipe is high, the traffic light is **RED = Stop,**
if a restriction has been recommended.

If a recipe is medium the traffic light is **AMBER = Take care,**
enjoy these foods in moderation.

If a recipe contains a low amount of a particular nutrient,
the traffic light is **GREEN = Go! Enjoy these foods regularly**

A **RED** coding warns that a recipe has a high potassium/
phosphorus/sodium (salt) content. If a restricted diet is
needed it is better to avoid this recipe and discuss it with
the dietitian. Sometimes small portions can be included
alongside foods that are lower sources, so that there is a
balance through the day.

We have included some recipes using prescribed
supplements. See pages 3 and 4 in this booklet for guidance
and discuss this with your dietitian.



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Following a kidney friendly diet

Different kidney conditions require different dietary changes, so advice is individual and will consider your child's current clinical situation, treatment and requirements for energy, growth and wellbeing. It is important that your child has advice from a paediatric dietitian who has received training in the dietary management of kidney disease.

The following ideas are very general but can help you to learn to make appropriate changes to your child's diet, without needing to provide separate meals from the rest of the family. Some clever changes mean that a child will still be able to enjoy most of their favourite meals.

For a low potassium diet:

- Replace potatoes with pasta, rice, noodles, bread, cous cous or polenta.
- Peel, then boil potatoes in large volumes of water for 20 minutes, before adding to any recipe.
- Change any high potassium vegetables or fruit in a recipe i.e., mushroom, spinach, berries, for lower potassium ones. i.e. green peppers, apple.
- Use a renal milk substitute recipe in place of milk. Discuss this with your dietitian and see page 4 under 'low phosphorus diet'.
- Use a low potassium chocolate substitute to give you a 'chocolately' taste without the chocolate. (Speak to your dietitian for advice as this is only available on prescription).
- Avoid using salt substitutes (ie LoSalt, Selora) as these contain potassium.

For a reduced salt diet:

- Try not to add salt in cooking - use herbs, garlic and spices. If you have to add salt, add less than you usually would.
- Choose unsalted butter in recipes.
- Limit salty foods, such as bacon, salami, olives, anchovies, and add alternatives such as chicken, turkey rashers, and peppers.
- Reduce amounts of cheese in recipes.
- Try to make your own meat products, e.g. chicken nuggets, burgers. Then you are in control of the added salt.
- Buy fresh sauces rather than dried ones or even better, make your own.
- Chinese and Thai food can be very salty. Avoid choosing sauces containing these mixes.
- Spicy foods can make us thirsty - beware if your child is on a fluid restriction!
- Avoid salt substitutes as many are unsuitable. This will help reduce a liking for salt.



For a low phosphorus diet

- Use the following foods instead of milk
 - Double cream*, mixed with the same volume of water
 - Creme Fraiche
 - Sno-Pro or ProZero (Speak to your dietitian for advice as these are only available on prescription).
- Soya products are often lower in phosphorus compared to the cow's milk variety, i.e. Soya Dessert vs. Yoghurt.
- Use smaller quantities of cheese in recipes and use very strong cheese to get better flavour.
- Soft cheeses are generally lower in phosphorus than hard cheese. Use in sauces, sandwiches.
- Ricotta cheese makes a good pizza topping and is lower in phosphorus than mozzarella or cheddar.

Fluids:

If a fluid restriction is needed, adapt recipes so that they have less sauce. Remember jelly, custard and yoghurt count as fluids.

Less salt in recipes will help to reduce thirst.

'Coat' food rather than serve swimming in sauces.

* Double cream contains a high amount of Vitamin A. If you choose this option please discuss this with your dietitian.



Baked Pitta Chips



Ingredients

3 (6") pitta breads

3 tbsp olive oil

Chilli powder/Oregano or a herb of your choice

Method

1. Preheat oven to 180°C/160°C Fan/350°F/Gas 4.
2. Cut pitta's open with kitchen scissors.
3. Cut each pitta into 8 wedges.
4. Brush pitta wedges with olive oil and sprinkle with chilli powder/oregano/herb of your choice.
5. Bake for approximately 15 minutes or until crisp and crunchy.
6. Enjoy with a soured cream or cheese and chive dip or garlic mayonnaise.



Polenta chips



Ingredients

50g polenta

200ml reduced salt chicken or vegetable stock, or water

1 tbsp Parmesan cheese (optional)

2 tbsp sunflower oil

Method

1. Bring the stock to a boil in a saucepan and add the polenta in a steady stream. Cook, stirring continuously, for 5 minutes (take care as polenta bubbles furiously).
2. Take off the heat and stir in the parmesan (if using).
3. Spoon the mixture onto the tray and flatten into a large rectangular shape, about 5-10 mm thick (depending on how thick you want your chips!) using the back of the wooden spoon. Leave to cool for 10-15 minutes.
4. Using a sharp knife, chop into thin chip shapes. Fry lightly and evenly on all 4 sides in oil. Serve hot and enjoy!



Tuna Muffin Pizza

Serves
2

Ingredients

- | | |
|---------------------|------------------------------------|
| 2 English muffins | 120g canned tuna, drained |
| 1 tbsp tomato puree | 30g crumbled feta cheese |
| 1 tbsp olive oil | Pinch of garlic powder and oregano |
| 25g red onion | |

Method

1. Preheat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Mix the tomato puree and olive oil and spread on to the split muffins.
3. Chop the onion and spread over the muffins. Place the drained tuna on top and sprinkle with the garlic powder and oregano.
4. Crumble the feta cheese over the top and bake on a tray in the oven for 12 minutes.

Potassium

Salt

Phosphorus

Pork Pitta Pizza

Ingredients

- | | |
|----------------------------|-----------------------|
| 1 tbsp sunflower oil | 2 pitta breads |
| 1 garlic clove, crushed | 2 tbsp tomato salsa |
| 30g onion, diced | 60g mozzarella cheese |
| 80g red bell pepper, diced | 60g cheddar cheese |
| 40g lean pork mince | |

Method

1. Preheat oven to 200°C/180°C Fan/390°F/Gas 5.
2. Combine the oil, pork, chilli flakes, garlic, onion and pepper in a non-stick frying pan and fry until cooked.
3. Place the pittas on a baking tray and cover with the pork mixture.
4. Spread 1 tablespoon of the tomato salsa and half of the cheese on top of each of the pittas.
5. Bake for 5-8 minutes until the cheese is bubbly.

Serves
2



Easy Chicken Pizza

Serves
4

Ingredients

4 chunks of either french bread, pitta or wraps

100g cooked chicken breast

100g of tinned (no added salt) or frozen sweetcorn

50g red bell peppers, chopped

4 tsp fresh basil chopped

1 clove garlic, chopped

50g tomato puree

50g cream cheese

50g cheddar cheese

Dash of olive oil





Method

1. Preheat oven to 180°C/160°C Fan/350°F/Gas 4. Cover a baking tray with greaseproof paper, and place either the French bread, pitta or wraps on top.
2. Heat the olive oil in a large frying pan over a medium heat, then add the corn, red peppers, chicken and garlic. Fry for a further 2 minutes, until thoroughly cooked through. Remove from the heat and stir in the tomato puree.
3. Share out the chicken mixture evenly between bases then top with a blob of cream cheese and grated cheddar cheese.
4. Bake in the oven for 3-5 minutes or until the cheese melts and the base goes slightly crisp. Remove from the oven and sprinkle each pizza with the chopped basil.



Serve with polenta fries, rice or pasta.

Chicken Nuggets

Serves
4

Ingredients

- 2 large chicken breasts, chopped into bite-size pieces
- 80g breadcrumbs (buy ready-made or grate some bread)
- 1 small tub of natural yoghurt

Method

1. Put the breadcrumbs in a bowl.
2. Put the yoghurt in a separate bowl.
3. Dip the raw chicken pieces into the yoghurt then coat in the breadcrumbs.
4. Shallow fry in oil (try rapeseed/sunflower oil) for about 5 minutes each side, but keep an eye on them to make sure they don't start to burn!

Add 2 tsp of sage for added flavour

Tip

Serve these with polenta chips or chopped up into hot pasta with a knob of garlic butter.



Cruchy BBQ Chicken Wraps

Ingredients

- ½ small carrot
- A handful of lettuce strips
- 140g cooked chicken breast cut into thin strips
- 1 tbsp BBQ sauce
- 1 tbsp low-fat mayonnaise
- 2 tortilla wraps

Method

1. Wash the carrots and lettuce, grate the carrot and cut the lettuce into strips.
2. Coat the cooked chicken slices with BBQ sauce.
3. Roll out the tortilla wraps and spread on a thin layer of mayonnaise. Place the lettuce on top the wrap first then sprinkle on grated carrot and add the BBQ chicken.
4. Fold the wraps over to enclose the filling so the contents don't fall out. Cut into two and serve.



To lower salt content avoid BBQ sauce and use creme fraiche instead of mayonnaise.



Serves
2





Ingredients

Meat sauce

200g minced beef
60g onion, chopped
2 garlic cloves, finely sliced
150ml tinned chopped tomatoes
300ml water
½ tsp low salt stock powder (½ cube)
Pinch each of cinnamon, oregano and basil

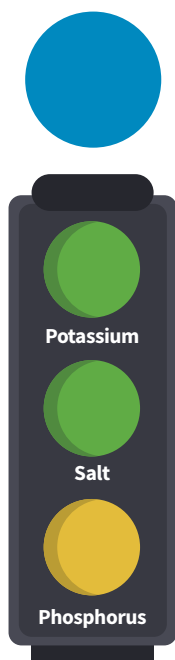
Creamy sauce

25g unsalted butter
40g plain flour
50g strong cheddar cheese
250ml renal milk substitute
Pinch nutmeg
1 tbsp. Olive oil
6-8 sheets of dried lasagne

Family Lasagne

Method

1. Preheat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Heat the oil and fry the onions and garlic until soft, then add the meat and cook until browned.
3. Add the tomatoes, water, stock powder, herbs and spices, and simmer over a low heat until most of the liquid has evaporated.
4. In a separate saucepan, melt the butter. Once melted add the flour and whisk together to make a smooth paste.
5. Slowly add the renal milk substitute to the paste, whisking constantly, then add the nutmeg and 35g of the cheese.
6. Oil an oven-proof dish and add a layer of the meat mix to the bottom, followed by a layer of pasta sheets. Cover these with some of the cheesy sauce. Repeat this process until you have used up all of the meat mixture.
7. Finish with a final layer of the cheesy sauce then cover with foil and bake at 180°C/160°C Fan/350°F/Gas 4 for 30 minutes.
8. Remove from the oven after 30 minutes, remove the foil and grate the remaining cheese over the top. Then return to the oven for a further 10-15 minutes and serve.



Low Tomato Bolognese Sauce

Serves
4

Ingredients

- | | |
|------------------------|--|
| 1 tbsp. oil | 1 celery stick, finely chopped |
| 400g minced beef | 1 garlic clove, finely chopped |
| ½ large onion, chopped | 1 reduced salt chicken or beef stock cube with 200ml water |
| ½ tsp ground nutmeg | 100ml passata |
| 1 carrot, chopped | 10g fresh basil |

Method

1. Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
2. Add the mince to the pan and brown, breaking it up with a wooden spoon.
3. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
4. Allow to simmer on a low heat for about an hour, using a lid that is slightly ajar to let out the steam. Serve with pasta and garlic bread.

Potassium

Salt

Phosphorus



Savoury Beef Cobbler

Serves
4

Ingredients

400g mince beef

15g plain flour

1 tsp dried mixed herbs

60g carrots boiled in unsalted water

1 reduced salt stock cube

Scone topping:

50g unsalted butter

125g self-raising flour

5g dried mixed herbs

75mls water

Method

1. Preheat the oven to 190°C/170°C Fan/375°F/Gas 5.
2. Peel and chop the carrots and boil for 10 mins in unsalted water, throwing away the water.
3. Put carrots and minced beef in the saucepan and cook over a medium heat until the meat is browned, stirring the ingredients together.





4. Add the flour and mixed herbs to the meat mixture and cook, stirring for 1 minute.
5. Measure 250ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
6. Pour the stock into the saucepan and stir until boiling, then reduce the heat and simmer for 10 minutes
7. To make the cobbler topping, sift the flour into a mixing bowl and add the unsalted butter
8. Using clean hands, rub the butter into the flour until the mixture resembles fine breadcrumbs.
9. Add the dried herbs. Gradually add enough water to mix to a soft dough, knead well.
10. Roll out on a floured board to 1cm thick and cut into rounds with the pastry cutter.
11. Pour the meat mixture into an ovenproof dish and arrange the scone rounds on top.
12. Bake in the oven for 12–18 minutes until the scones are well risen and golden brown.

Sweet and Sour Chicken

Serves
5

Ingredients

½ tsp chopped garlic	230g pineapple chunks, in syrup
60g celery, sliced	460g boneless, skinless chicken breasts
1 small onion, diced	225ml reduced salt chicken stock
1 green pepper, sliced	75ml apple cider vinegar
3 tbsp cornflour	75g brown sugar
460g cooked white rice or 4-5 sheets of noodles	2tsp reduced salt soy sauce

Method

1. To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice; you should have about 75ml. Mix the cornflour with the pineapple juice to make a smooth paste. Add 225ml reduced salt chicken stock, then stir in the soy sauce, vinegar, sugar until thoroughly combined. Set aside.





2. Cut each chicken breast into pieces. Heat a tablespoon of the oil in a large non-stick frying pan and stir-fry the garlic, celery, onion and peppers for two minutes.
3. Add the remaining oil and the chicken to the pan and stir-fry for two minutes until golden. Add pineapple chunks and fry for 30-60 seconds.
4. Stir the cornflour and pineapple mixture and add it to the pan with the chicken and vegetables. Stir well, season with some ground black pepper, bring to the boil and then turn heat down to simmer. Cook for 4–6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked, turning the chicken and vegetables a few times. Add more water if needed. Served with boiled or stir fried white rice or noodles.



**You may need to add more water or water/
cornflour mix depending on thickness.**

Garlic Chicken with Balsamic Vinegar

Serves
4

Ingredients

500g boneless, skinless chicken breasts

1 tsp fresh ground black pepper

15ml olive oil

3 cloves garlic, peeled and chopped

60ml balsamic vinegar

180ml reduced salt chicken stock

1 bay leaf

¼ tsp thyme leaves

1 tbsp cornflour



Potassium



Salt



Phosphorus



Method

1. Season the chicken breasts with pepper. Heat olive oil in a non-stick frying pan over a medium-high heat, then cook the chicken until nicely browned on one side (about 3 minutes).
2. Add the garlic, turn the chicken. Move the mixture around to prevent it from sticking. Cook for a further 3 minutes.
3. In a small bowl, mix the balsamic vinegar, reduced salt stock, bay leaf, thyme leaves and cornflour.
4. Add the vinegar mixture to the pan and stir until the sauce has thickened.
5. Cover and cook over a moderate-low heat for about 10 minutes.
6. Serve with rice or pasta.

Bottomless Chicken Pot Pie

Ingredients

1 packet of ready rolled short or puff pastry	Pinch of black pepper
30g unsalted butter	500ml reduced salt chicken stock
60g plain flour	450g chicken, cooked
½ tsp dried rosemary	100g frozen peas

Serves
6

Method

1. Preheat the oven to 190°C/170°C Fan/375°F/Gas 5.
2. Make a sauce by melting the butter, once melted add the flour stirring continuously for 1 minute.
3. Slowly add the stock and bring to the boil, reduce the heat and allow to simmer until thickened.
4. Add the rosemary, peas and cooked chicken and stir to combine. Add salt and pepper.
5. Pour the mixture into a pie dish and cover with the pastry, cutting around the edge to make a secure lid for the pie.
6. Make two small slits in the top to allow the steam to escape and put in the oven for 30-40 minutes or until golden brown and crispy.
7. Enjoy with a side of polenta chips.



Turkey Chilli and Rice

Ingredients

1 tsp chilli powder	140g frozen peas, boiled
400g pack turkey mince	Small bunch coriander, chopped
100g long grain rice, rinsed	8 taco shells
600ml reduced salt chicken stock	½ iceberg lettuce, shredded
	150ml pot soured cream

Serves
4

Method

1. Add the mince and chilli powder cooking until browned, breaking it up well, adding a splash of oil if you prefer. Stir in the uncooked rice and mix well, then add the reduced salt chicken stock.
2. Cover and simmer for 20-25 minutes until the rice is cooked, then stir in the pre-cooked peas and scatter over the coriander.
3. Serve with with shredded lettuce and soured cream. Eat on its own or with unsalted taco shells, couscous or polenta.



Replace chilli powder for garlic granules for a different taste and a little less potassium.

Fish Fingers

Ingredients

300g white fish fillet (cod, haddock, pollock)

50g breadcrumbs (blitz 1-2 slices of bread in a food processor or grate)

1 egg, beaten

50g cornflakes

120g plain flour

Oil for frying

Method

Serves
4

1. Cut the fish fillets into 8 fingers
2. Set out 3 bowls; one with the beaten egg in, 1 with the flour in and one with the cornflakes and breadcrumbs in.
3. One at a time, coat the raw fish in flour, then dip into the beaten egg mixture before finally coating in the cornflakes or breadcrumbs, making sure you coat all the fish evenly.
4. Carefully fill a frying pan with rapeseed, vegetable or sunflower oil about 1 cm deep to shallow fry. Heat the oil, to test the temperature, drop a cornflake in, it should sizzle slowly and gently brown over 20-30 seconds. If the bread coating browns too quickly and burns, the oil is too hot.
5. Fry the fish for about 3 minutes each side. Be careful not to splash the hot oil.

Potassium

Salt

Phosphorus

Tip

Serve with polenta chips and peas.

Be aware of the potassium content in any accompanying vegetables.

Salmon Fish Burgers

Ingredients

400g tinned salmon	2 tbsp mayonnaise
2 beaten eggs	1 tbsp horseradish
200g white rice, boiled (no added salt)	Pinch pepper
¼ cup finely chopped onion	2 tbsp. sunflower oil
	4 burger buns

Serves
4

Method

1. In a large bowl, combine all of the ingredients (apart from the oil and buns) shape the mixture into four burger patties.
2. In a large frying pan, add sunflower oil and lightly cook the patties in this over a medium heat for 5-6 minutes. Flip the burgers and fry for another 5-6 minutes until both sides are golden brown.
3. Toast the buns and add your salmon burgers.

Tip

Salad leaves can be added, be aware of the increased potassium content if salad ingredients are added.

A lot of salt is provided by the bun, try with rice or pasta to limit salt.



Vegetable Risotto

Serves
4

Ingredients

160g Frozen peas	1 small onion, diced
2 tbsp fresh parsley	1 clove garlic, crushed
Pinch ground pepper	100g Broccoli
4 tbsp olive oil	100g Courgette
75g parmesan, finely grated	350g Arborio rice or risotto rice
1 cube reduced salt vegetable stock	

Method

1. **If using peas:** Put the peas into a pan of water and boil for 5 minutes, then drain.

If using broccoli: Remove the chunky stem and discard. Chop the florets evenly and boil in a pan of water for 5 minutes and drain.

If using courgette: Cut the ends off the courgette and throw them away. Slice the courgette, boil in a pan of water for 5 minutes and drain.



2. Heat the oil in a large saucepan and add the onion and garlic, cook over a medium heat for 5 minutes, or until the onion is soft.
3. Take the pan off the heat and add the rice, stirring until the rice is coated with the oil.
4. In a jug, add 850ml boiling water to the stock cube and stir until dissolved.
5. Using a ladle, add one scoop of the stock to the rice mixture, and put back on the heat. Gently stir the rice until nearly all the liquid has been absorbed. Each time the stock is absorbed, add another ladleful.
6. About 15 minutes after you added the first stock, stir in the precooked vegetables. Keep adding ladles of stock and stirring them in, until the rice is creamy and just tender.
7. Take the pan off the heat and cover it with a lid. Leave it for 3 minutes, then stir in the parsley, parmesan and 2 pinches of pepper.



Macaroni Cheese

Serves
4

Ingredients

180g pasta tubes, uncooked
170g cream cheese
2 tbsp unsalted butter
100ml renal milk substitute
1 clove garlic
3 tbsp grated parmesan cheese
Pinch black pepper

Method

1. Cook the pasta according to packet instructions, omitting salt.
2. In a saucepan over a low heat, melt the butter. Add the garlic and simmer for 1 minute. Stir in the cream cheese and 1 tbsp parmesan until melted. Pour in the renal milk substitute and whisk to make a sauce. You can add more renal milk substitute to reach your desired consistency, or leave to simmer to thicken. Simmer on a low-medium heat, being careful not to burn.
3. Add black pepper to taste.
4. Mix in the pasta, top with the remaining 1 tbsp parmesan cheese and brown under the grill for a few minutes. Enjoy!



Lemon and Poppy Seed Muffins

Ingredients

280g plain flour	1 egg
120g white sugar	150ml renal milk substitute
30g poppy seeds	50ml vegetable oil
1 tsp baking powder	50ml lemon squash, undiluted
1 tsp baking soda	

Makes
10-12

Method

1. Preheat the oven to 190°C/170°C Fan/375°F/Gas 5. In a large bowl combine the flour, sugar, poppy seeds, baking powder and baking soda.
2. In a separate bowl mix the egg, milk, oil, lemon juice and rind.
3. Mix in together and stir just enough to moisten, being careful not to over mix.
4. Spoon into a greased non-stick muffin tin.
5. Bake in a 190°C/170°C Fan/375°F/Gas 5 oven for 25-30 minutes.



Eddie's and Ilse's Pancakes

Serves
4



Ingredients

1 egg

200g plain flour

½ tsp baking powder

150-250ml renal milk substitute

Oil or unsalted butter to fry

Method

1. Put all ingredients in a large bowl and whisk together until creamy and gloopy. (The thicker the mixture, the thicker the pancake) Heat a little butter in a large frying pan over a medium heat.
2. Using a ladle or a jug, drop some pancake mixture into the pan until the pancake forms.
3. Allow to cook until lightly browned on the underside, then flip over and repeat on the other side.
4. Serve with a little squirt of lemon juice and a sprinkling of sugar, or maple syrup!

Potassium

Salt

Phosphorus

Oaty Cookies

Ingredients

50g unsalted butter	50g soft brown sugar
50g rolled oats	50g self-raising flour
1 tbsp milk	Pinch mixed spices, ginger and cinnamon

Serves
6

Method

1. Pre-heat oven to 180°C/160°C Fan/350°F/Gas 4 and lightly grease a baking tray or use grease-proof paper.
2. Cream the butter and sugar together in a large mixing bowl until light and fluffy.
3. Add oats, flour and spices and mix well.
4. Add the milk to form a soft dough.
5. Knead lightly and shape into balls.
6. Squish the balls on the prepared baking tray with your palms to flatten them to about 1cm thick
7. Bake for 15-20 minutes. Keep an eye on them to make sure they aren't over baked! Once golden, remove from the oven and leave to cool on the tray for 10 minutes.



Pain au Mockolate

Makes
8

Ingredients

- 1 egg
- 1 tbsp water
- 1 sheet puff pastry, thawed if frozen
- 50g chopped low potassium chocolate substitute
- Flour for dusting

Method

1. Heat the oven to 180°C/160°C Fan/350°F/Gas 4. Line 2 baking sheets with greaseproof paper.
2. Beat the egg and water in a small bowl with a fork and set aside.
3. Lightly flour your work surface. Unfold the pastry sheet then lightly dust the top with flour. Use a rolling pin to roll the sheet into a 16-inch square.
4. Cut the pastry square in half, then cut each half into 4 rectangles (making 8).
5. Now, cut each rectangle diagonally into 2 triangles (making 16).





6. Chop the low potassium chocolate substitute into small chips and place about 2 teaspoons down the centre.
7. Starting at the wider end, roll each triangle up. Place each croissant seam-side down so that the tip of the triangle is tucked under the rolled croissant. Then bend in the edges, creating a crescent shape.
8. Lightly brush the tops of the croissants with the egg wash and bake for 20-25 minutes or until they are golden brown.
9. You can eat these hot or cold once cooked, although warmed through gives a nice gooey 'chocolatey' centre!



Makes
18

Mockolate Chip Cookies

Ingredients

225g unsalted butter (at room temperature)

110g caster sugar

275g plain flour

100g low potassium chocolate substitute,
chopped into chips

Method

1. Preheat the oven to 170°C/150°C Fan/340°F/Gas 3.
2. Cream the butter in a large bowl or in a food mixer until soft. Add the sugar and beat until the mixture is pale and fluffy.
3. Sift in the flour, add chopped low potassium chocolate substitute and bring the mixture together to form a firm dough.
4. Using your hands, roll the dough into walnut sized balls and place them slightly apart on a baking tray (No need to grease or line).
5. Flatten them slightly with the back of a damp fork and bake in the oven for 13-15 minutes, or until they are light golden brown and slightly firm on top.
6. Carefully transfer the cookies to a wire rack to cool.



Try melting some low potassium chocolate substitute and drizzle over the top!



Meringue Kisses

Ingredients

- 4 egg whites
- 1 tbsp vanilla essence
- 225g caster sugar

Method

1. Preheat oven to 100°C/80°C Fan/210°F.
2. Using a mixer, combine all ingredients and beat until stiff peaks form.
3. Spoon onto a foil covered baking tray, or pipe them to make them look pretty!
4. Bake in the oven for 2 hours. Keep an eye on them, making sure they don't burn. Turn the oven off, and leave the kisses in the oven for at least another 2 hours, or overnight, to cool.
5. Once completely cool, carefully peel off foil and store in an airtight container.

Makes
15



You can sandwich these together with cream or top with a melted low potassium chocolate substitute.



Popcorn Balls

Ingredients

50g unsalted butter

150g marshmallows

1-2 drops of vanilla extract

90g unsalted, popped popcorn

Makes
15

Method

1. Place butter and marshmallows in a saucepan and melt over a gentle heat, stirring continuously. Remove from heat and stir in the vanilla extract.
2. Place popped popcorn in a large bowl, pour over the marshmallow mixture and stir using a long wooden spoon.
3. Allow to cool before handling. When no longer hot to touch, to make popcorn balls, grease hands with butter and take a handful of the mixture at a time and form into balls.
4. Place into cupcake cases and pop into the fridge to cool. Once cooled serve or store in an airtight container.



Press the mixture into a greased baking tray, drizzle with a low potassium chocolate substitute and once cooled, cut into bars instead of balls.



Mockolate Brownies

Ingredients

170g self-raising flour	5 tbsp sunflower oil, extra for greasing
200g melted low potassium chocolate substitute	230ml semi-skimmed/renal milk substitute
50g chopped low potassium chocolate substitute	1 tsp vanilla extract
170g caster sugar	

Method

1. Pre-heat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Grease a 20cm/8inch square cake tin with some of the sunflower oil.
3. In a bowl sift together the flour and sugar.
4. Add the melted low potassium chocolate substitute, oil, milk or renal milk substitute and vanilla extract, and mix carefully together until completely mixed. Allow to cool then mix in the chopped low potassium chocolate substitute.
5. Pour into the tin, and bake for about 25 minutes, until the brownies spring back when gently pressed.
6. Leave to cool for five minutes, then turn out onto a wire rack. Once cooled, cut into 12.

Makes
12



Reduce potassium and phosphorus by using a renal milk substitute. Ask a Dietitian for information.

Chewy Marshmallow Munch Bars

Ingredients

100g butter

100g bag marshmallows (2 handfuls kept to the side)

250g Rice Krispies

Serves
12

Method

1. Line a 20cm square pan with greaseproof paper, lightly grease with butter, then set aside.
2. In a large pan over a low heat, melt the butter.
3. Once the butter has melted, add the marshmallows, remembering to keep a few handfuls aside for later. Stir continuously until melted.
4. Once the marshmallows are just melted, remove the pan from the heat and stir in the cereal until just coated. Now stir in the left over marshmallows.
5. Pour the mixture into your prepared pan and gently press the mixture down evenly. Don't compact the mixture too much or you won't get gooey bars!
6. Allow the mixture to cool completely before cutting into squares.



Generously Gingery Cookies

Ingredients

100g unsalted butter, room temperature

175g soft brown sugar

120ml golden syrup

350g plain flour

15g ground ginger

5g bicarbonate of soda

Makes
18

Method

1. Preheat oven to 180°C/160°C Fan/350°F/Gas 4.
2. In a large bowl, cream together the butter and sugar.
3. Add the golden syrup and dry ingredients and beat to combine.
4. Once everything is combined, using your hands (make sure they are clean!) roll the mixture out into little balls, keeping each even in size.
5. Place 3cm apart on a greased baking tray and lightly press down using a fork.
6. Bake in the oven for 15 minutes or until golden brown.

Potassium

Salt

Phosphorus

No Milk Creamy Rice Pudding

Ingredients

40g unsalted butter

100g pudding rice or risotto rice

75g caster sugar

568ml (1 pint) water

568ml (1 pint) double cream

1 tsp vanilla extract or ½ vanilla pod, split lengthways

Plenty of freshly grated nutmeg

Serves
4

Method

1. Preheat the oven to 140°C/120°C Fan/280°F/Gas 1.
2. Melt the butter in a heavy-based casserole dish over a medium heat. Add the rice and stir to coat.
3. Add the sugar, stirring until dissolved. Continue stirring until the rice swells and becomes sticky with sugar.
4. Pour in cream and water and keep stirring until no lumps remain.
5. Add the vanilla and bring the mixture to a simmer. Give the mixture a final stir and grate at least ⅓ of the nutmeg over the surface.
6. Pop in the oven and bake for 1-1 ½ hours, cover with the lid or foil if the surface browns too quickly. Once the pudding only just wobbles in the centre, it is ready.



Baked Apple with Cinnamon

Ingredients

4 eating apples
2 tsp cinnamon
4 tbsp syrup (maple or golden)
100ml water

Method

1. Preheat the oven to 200°C/180°C Fan/390°F/Gas 5.
2. Wash the apples and remove the cores.
3. With a sharp knife, slit the skin all around the apple, just above the middle.
4. Stand the apples in a baking tray, then pour a tablespoon of syrup over each apple followed by half a teaspoon of cinnamon.
5. Pour in the water around the apples (this helps to steam and soften the apples) and bake for approximately 40-45 minutes (depending on the size of the apples).
6. Test with a knife to make sure the centre of the apple is cooked, it should be soft!
7. Allow to cool a little, then serve up and enjoy!



Serve with some more syrup or cream.

Serves
4



Jelly Baby Surprise

Serves
4

Ingredients

1 pack strawberry jelly (block not powder)

200ml double cream

1 pack jelly babies

Method

1. Make up the strawberry jelly as directed on the packet, using 200ml less water than recommended.
2. Add 200ml double cream once the jelly mixture is a bit cooler. Stir well until blended.
3. Pour into bowls and add a jelly baby to each, ensuring it is covered by the jelly mixture. Then leave the jelly to set in the fridge.
4. Once set, add another jelly baby to the top. Enjoy!



Try using different flavoured jellies and alternative jelly sweets.



Peach Meringue Mess and Cream

Serves
4

Ingredients

1 tin of peaches, in syrup / water chopped. Don't use peaches in juice, the potassium content is higher

250ml whipping cream

1 tsp vanilla essence

Meringue nests, crushed for sprinkling

Method

1. Drain the peaches and drain all liquid.
2. In a bowl, pour out the whipping cream and add the vanilla essence. Using an electric whisk, mix the cream mixture until it forms stiff peaks.
3. Now layer up cream with chopped peaches whole meringue nest, or crunch up your meringues and mix into a delicious mess!



Strawberry Freeze Pops

Makes
6
small
pops

Ingredients

100mls natural greek yoghurt

100mls single cream

50g strawberry jam

Method

1. Mix all the ingredients together well with a whisk.
2. Spoon into ice lolly moulds.
3. Pop the lids on with the lolly stick handles and leave in the freezer until set.



Milky Ice Lollies

Ingredients

40ml chocolate/strawberry/banana milkshake syrup

200ml renal milk substitute

50ml single cream

25g low potassium chocolate substitute, melted and left to cool

Sugar strands or hundreds and thousands

Method

1. Mix together the cream, renal milk substitute and milkshake syrup.
2. Pour into Ice lolly moulds and allow to set in the freezer.
3. Once frozen, remove the lollies from their moulds and dip the ends into a cooled, melted low potassium chocolate substitute. You can then sprinkle the ends with sugar strands or hundreds and thousands.
4. Return to the freezer.

Makes
6
Lollies





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Please visit www.myrenalnutrition.com to see a selection of these recipes in video format.



Nutritional information can be found in a separate booklet intended for use by renal paediatric dietitians. Please discuss this with your dietitian if required.

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