

Christmas Tree

Pizza Base

recipes
using **RenaStep**



Main Meal

Vitaflor[™]

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Christmas Tree Pizza Base

Preparation time: 5 - 10 minutes
Prove time: 1 hour

Cooking time: approximately 15 minutes

Makes: 1 Tree

Ingredients

125ml Renastep™ (1 bottle)

2g yeast

150g flour (plus extra for dusting)

20g caster sugar

1 tsp vegetable oil

Method

1. Preheat the oven to 200°C/180°C Fan/Gas Mark 6.
2. Place the Renastep and yeast into a mixing bowl and stir until combined.
3. Add the flour, sugar and oil to the Renastep and yeast mixture and mix together by hand until a dough forms. Knead for 2 minutes.
4. Leave the dough to rise for 60 minutes in a warm place.
5. Lightly dust a clean work surface with flour and roll the dough ball into a rectangle 22cm long and 13cm wide. Using a knife, cut a diagonal line from the centre of the top of the rectangle to the bottom left and right corners to create a triangle shape.
6. Place the triangle onto a baking tray lined with grease proof paper. Use the remaining dough to make a small tree trunk at the bottom of the triangle – stick this to the tree with a drop of oil.
7. The pizza base can be topped with permitted sauce, vegetables and cheese. Put any toppings on the pizza prior to baking. See the Christmas Tree Pizza Topping recipe card for our suggested topping.
8. Bake in the oven for approximately 15 minutes.

Nutritional Information

One tree (base only) provides:

Nutrient		per portion	per 100g
Calories	kcal	891	297
Protein	g	19.6	6.5
Sodium	mg/mmol	108 / 4.6	36 / 1.5
Potassium	mg/mmol	306 / 7.6	102 / 2.6
Phosphorus	mg/mmol	215 / 6.9	72 / 2.3
Calcium	mg/mmol	203 / 5.1	68 / 1.7

Always check with your dietitian that this recipe is suitable for you.

Dietitian's notes



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information. This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrizen dietary analysis software.



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Pizza Topping



Main Meal

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Christmas Tree Pizza Topping

Preparation time: 5 - 10 minutes

Cooking time: approximately 15 minutes

Makes: 1 Tree

Ingredients

Topping:

10g fresh basil

5ml oil

½ clove garlic

1 tsp (5g) red pepper, finely sliced

1 tsp (5g) yellow pepper, finely sliced,

3g spring onion finely sliced, estimated 5 g of carrot

10g Violife mozzarella style, grated

Method

* If you plan to use the Renastep Christmas Tree Pizza Base recipe for your pizza base, preheat the oven to 200°C/180°C Fan/Gas Mark 6. You will add your topping (see instructions below for how to make the topping) to the base and cook this in the oven for approximately 15 minutes.

1. To make the pesto, blend the basil, oil and garlic together in a bowl, using a hand blender.
2. Take your pizza base (Please see the Christmas Tree Pizza Base recipe card) and cover the tree with pesto using the back of a spoon to spread. Leave a border around the edge.
3. Place the sliced pepper and red onion across the tree in rows to resemble tinsel.
4. Place the spring onion between the rows to resemble tree branches and sprinkle Violife mozzarella style over the pizza.
5. To make a star, slice a large carrot lengthways to make a thin slice, cut out a star shape and place at the top of the tree.
6. As detailed above, cook the base and topping in the oven at 200°C/180°C Fan/Gas Mark 6 for approximately 15 minutes. Serve warm.

Nutritional Information

Toppings provide:

Nutrient		per portion	per 100g
Calories	Kcal	88	183
Protein	g	0.9	1.8
Sodium	mg/mmol	3 / 0.13	7 / 0.3
Potassium	mg/mmol	101 / 2.5	211 / 5.3
Phosphorus	mg/mmol	17 / 0.5	34 / 1.1
Calcium	mg/mmol	30 / 0.75	62 / 1.6

One tree (base and topping) provides:

Nutrient		per portion	per 100g
Calories	kcal	979	480
Protein	g	20.5	8.3
Sodium	mg/mmol	111 / 4.8	43 / 1.8
Potassium	mg/mmol	407 / 10.2	313 / 7.8
Phosphorus	mg/mmol	232 / 7.4	106 / 3.4
Calcium	mg/mmol	233 / 5.8	130 / 3.3

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