

PREPARATION: 15 MINUTES | COOKING: 25 MINUTES
MAKES 18 BARS

PEANUT SNACK BARS

INGREDIENTS

1 cup smooth peanut butter

1 cup honey

¼ cup canola oil

1 cup one-minute oatmeal

1 cup fiber cereal

1 cup all-purpose flour

¼ cup ground flaxseed

½ cup unsalted pecan nuts, chopped

PREPARATION

- 1** Preheat oven to 350°F.
- 2** In a saucepan, over medium-high heat, melt peanut butter, honey and oil for 5–7 minutes. Stir with a wooden spoon.
- 3** In a bowl, mix together the oatmeal, fiber cereal, flour, flaxseed and pecans.
- 4** Add the oatmeal mixture to the saucepan, stir to combine and pour into a 9"×12" pan.
- 5** Bake in the oven for 20–25 minutes.
- 6** Let cool and cut into 18 portions.

PEANUT SNACK BARS



Nutrient Analysis

PER SERVING	
1 Snack Bar	
Renal/Diabetic exchanges:	
2 Starch + 3 Fat	
Calories	248Kcal
Protein	5g
Total Carbohydrate	31g
Fiber	4g
Sugars	17g
Fat	14g
Saturated	2g
Cholesterol	0mg
Sodium	74mg
Potassium	158mg
Phosphorus	106mg
Calcium	28mg
Iron	1mg
Magnesium	52mg
Vitamin C	1mg

Diet Types

- | | |
|------------------------------------------------------|-------------------------------------------------------|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Breakfast cereals and the kidney diet

The basic ingredient of all breakfast cereals is grain. Sometimes a cereal consists of a single grain or in many cases it is a combination of grains. **Whole grain products** are a rich source of vitamins, minerals, fiber, carbohydrates, fat and protein. With all of these nutritional benefits, grains are usually considered to be a staple in one's diet.

Quite often, grains are refined which is a process where the hull, bran and germ are removed. The remaining part for the grain is mostly carbohydrate. In many cases, **refined grains** are recommended in a kidney-friendly diet. This is because when the hull, bran and germ are removed, the final grain product is significantly lower in potassium and phosphorus.

Fortunately, rice and corn are naturally lower in potassium and phosphorus. Because of this, those who have kidney disease can eat them on a regular basis and take advantage of the entire grain and all the nutrition it has to offer. Other whole grains such as oats and wheat are higher in potassium and phosphorus. However, don't avoid all other whole grain cereals entirely, just ask your dietitian how much whole grain cereal is right for you.

One potential concern about eating cereal may be the milk that you add—as milk and soy beverage are high in potassium and phosphorus. A helpful tip is to either limit the amount of milk and soy beverage that you use or try almond or unfortified rice beverage instead. These milk alternatives are much lower in potassium and phosphorus making them more kidney-friendly. Ask your dietitian which milk alternative is right for your diet.

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