PEANUT SNACK BARS

INGREDIENTS

1 cup smooth peanut butter
1 cup honey
1/4 cup canola oil
1 cup one-minute oatmeal
1 cup fiber cereal
1 cup all-purpose flour
1/4 cup ground flaxseed
1/2 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.
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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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

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis

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