

PREPARATION: 10 MINUTES

SERVING: 1

# BOOST YOUR ENERGY DRINK

## Nutrient Analysis

PER SERVING: 1 Cup

RENAL EXCHANGE: 1 Meat + 3 Starch + 2 Fat

Calories	<b>374 Kcal</b>	Sodium	<b>208 mg</b>
Protein	<b>9 g</b>	Potassium	<b>305 mg</b>
Total Carbohydrate	<b>54 g</b>	Phosphorus	<b>160 mg</b>
Fiber	<b>2 g</b>	Calcium	<b>212 mg</b>
Sugars	<b>45 g</b>	Iron	<b>2 mg</b>
Fat	<b>15 g</b>	Magnesium	<b>45 mg</b>
Saturated	<b>1 g</b>	Vitamin C	<b>25 mg</b>
Cholesterol	<b>0 mg</b>		

## Diet Types

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



# BOOST YOUR ENERGY DRINK

## INGREDIENTS

*½ cup unsweetened, vanilla flavored non-dairy rice beverage*

*⅓ cup pasteurized liquid eggs*

*¼ cup strawberries, sliced*

*1 tablespoon oats*

*1 tablespoon vegetable oil*

*2 tablespoons honey*



## PREPARATION

- 1 Place all ingredients in a blender.
- 2 Mix until smooth.
- 3 Serve immediately.

## FOR A VARIATION

- ✓ *Replace the strawberries with ½ cup of blueberries.*

## IF YOU ARE DIABETIC

- ✓ *Reduce the amount of honey to 2 teaspoons.  
Count 1 Meat + 2 Starch + 2 Fat*

## NOTE

- ✓ *This nutritious drink provides you with protein and calories on days when your appetite is not great!*

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