



AAKP *Delicious!*

PREPARATION: 2 MINUTES

SERVINGS: 1

CINNAMON-ALMOND NEPRO SMOOTHIE

Nutrient Analysis

PER SERVING: 1 Smoothie

RENAL EXCHANGE: 2 Meat + 3 Starch + 2 Fat

Calories	467 Kcal	Sodium	251 mg
Protein	19 g	Potassium	293 mg
Total Carbohydrate	49 g	Phosphorus	176 mg
Fiber	5 g	Calcium	278 mg
Sugars	16 g	Iron	5 mg
Fat	23 g	Magnesium	54 mg
Saturated	2 g	Vitamin C	26 mg
Cholesterol	7 mg		

Diet Types

- ✓ CKD Non-Dialysis
- ✓ Dialysis/Diabetes
- ✓ Dialysis
- ✓ Transplant

CINNAMON-ALMOND NEPRO SMOOTHIE

INGREDIENTS

One 8-fl oz bottle Nepro® with Carb Steady Homemade Vanilla

1 teaspoon sugar

1 teaspoon cinnamon

2 drops of almond extract (or essence)

¼ cup pears from a can (packed in water), drained

2 ice cubes



PREPARATION

- 1 Place **Nepro®**, sugar, cinnamon, almond extract and pears in a blender and mix until smooth.
- 2 Add ice cubes and continue to blend until thick and frothy.
- 3 Pour into a tall glass and serve.

NOTES

- ✓ **Almond extract** is a pure, natural product made from the oil of bitter almonds. **Almond essence** is made using artificial flavorings and is less expensive.
- ✓ **Nepro® Carb Steady™** is specialized nutrition designed to meet the nutrient needs of people on dialysis. It is an Abbott Nutrition product that can be used as a nutritious snack, a supplement or a sole source of nutrition.

SUGGESTION

- ✓ For extra creamy results, put the **Nepro®** bottle in the freezer at least 1 hour before use.

Presented by



Favorably reviewed by

