

PREPARATION: 20 MINUTES | COOKING: 30 MINUTES | SERVINGS: 8

MINI APPLE CRANBERRY BREAD PUDDINGS

INGREDIENTS

3 egg whites

1 cup unenriched rice milk

½ cup maple syrup

½ teaspoon vanilla extract

¼ teaspoon ground cinnamon

½ cup apple, peeled, grated

½ cup cranberries, frozen

4 cups white bread, ½ inch cubes

Garnish

2 tablespoons maple syrup

PREPARATION

- 1** Preheat oven to 350°F. Spray muffin tins with non-stick cooking spray.
- 2** In a mixing bowl, whisk egg whites until frothy.
- 3** Add rice milk, ½ cup of maple syrup, vanilla and cinnamon.
- 4** Fold in grated apples, cranberries and bread cubes.
Allow bread to absorb the liquid, approximately 5 minutes.
- 5** Divide the bread pudding mixture between 8 muffin compartments and bake for 30 minutes or until the bread pudding is firm to the touch.
- 6** Glaze the tops with the remaining maple syrup and serve immediately.

SUGGESTIONS

- ✓ *You can let the bread puddings cool and refrigerate them until ready to serve. Apple sauce and powdered sugar also make a good garnish.*



MINI APPLE CRANBERRY BREAD PUDDINGS



Nutrient Analysis

PER SERVING

1 Mini Bread Pudding

Renal/Diabetic exchanges:

1 Starch

Calories **122Kcal**

Protein **3g**

Total Carbohydrate **26g**

Fiber **1g**

Sugars **15g**

Fat **1g**

Saturated **0g**

Cholesterol **0mg**

Sodium **121mg**

Potassium **104mg**

Phosphorus **38mg**

Calcium **82mg**

Iron **1mg**

Magnesium **13mg**

Vitamin C **1mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK

Unenriched rice beverage: a kidney-friendly milk replacement

On a kidney diet, one of the first changes is to limit dairy because of its potassium and phosphorus content. One cup of reduced-fat cow's milk contains 8 fluid ounces, 342 milligrams of potassium and 224 milligrams of phosphorus. In comparison, one cup of unenriched, unsweetened rice beverage has 8 fluid ounces, 65 milligrams of potassium and 134 milligrams of phosphorus.¹ When substituting ingredients, consider the following ideas to ensure cooking success.

Portion Size: While many recipe substitutions require adjusting the portion size, rice beverage and milk are interchangeable. If the recipe includes one cup of milk, simply replace with one cup of rice beverage.

Flavor Preference: Depending on the recipe, choose flavored or unflavored rice beverage. For example, if you are preparing an egg casserole, keep plain rice beverage on hand versus vanilla rice beverage, which may alter the flavor of the final product.

Composition: With similar consistency to milk, rice beverage can serve as an ingredient replacement. Desserts, breakfast dishes and other recipes will turn out fine and are a better choice for your kidney diet.

1. United States Department of Agriculture: National Nutrient Database for Standard Reference Release 28. Available at: <https://ndb.nal.usda.gov/ndb/search/list>. Accessed May 18, 2017.

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