**DELIGHTFUL BREAKFAST SPREAD**

**INGREDIENTS**
- 1 cup lite ricotta cheese
- 2 tablespoons powdered sugar
- ½ teaspoon vanilla extract
- 1 cup raspberries*

* You can also use frozen raspberries. Defrost and drain any liquid before using.

**PREPARATION**

1. In a bowl, with the help of an electric mixer, cream together the ricotta cheese, sugar, and vanilla extract. Cover and place in the refrigerator for a minimum of 30 minutes.

2. In another bowl, coarsely crush the raspberries with the help of a fork.

3. Serve the ricotta cheese spread and the crushed raspberries over English muffins, bagels, rice cakes, or toast.

*Note: The spread can be kept in the refrigerator for 3–4 days.*
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Lower-potassium fruit choices for breakfast

Fruit should be included as part of a balanced, lower-potassium diet. Some fruit is higher in potassium and should be eaten in limited amounts. There are many fruits which can be included in a kidney diet, but portion size is important. Starting off your morning with a fruit source, offers a nutritious breakfast choice full of vitamins, minerals, and fiber.

Baked goods, especially those lower in fat, can be an easy way to add a lower-potassium fruit to your breakfast. Blueberry muffins, mixed berry French toast, or a breakfast cookie with dried cranberries or apples are just a few examples that can be healthy morning options. If you can make ahead, these simple recipes can offer a quick option for when you are short on time.

Different spreads made with fruit, replacing margarine or butter, can also make a nice topping filled with flavor for toast, a bagel, or a muffin. Another morning favorite is a fresh fruit cup. Choose the correct portion size and select from lower-potassium fruits including grapes, raspberries, blueberries, pineapple, apple, or blackberries for a breakfast loaded with beneficial nutrients.