

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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Nutrient Analysis

PER SERVING	
¼ of recipe (spread only)	
Renal/Diabetic Exchanges:	
1 Dairy +	
½ Lower-Potassium Fruit	
Calories	121 Kcal
Protein	7 g
Total Carbohydrate	12 g
Fiber	2 g
Sugars	7 g
Fat	5 g
Saturated	3 g
Cholesterol	19 mg
Sodium	63 mg
Potassium	142 mg
Phosphorus	123 mg
Calcium	176 mg

Diet Types

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

NUTRITION CHECK ✓

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.

Presented by



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