

WALNUT COOKIES

INGREDIENTS

1 cup all-purpose flour

½ cup old-fashioned oats

½ teaspoon baking soda

½ teaspoon nutmeg

½ cup chopped walnuts

½ cup unsalted butter,
softened at room temperature

½ cup granulated sugar

1 egg

1 teaspoon vanilla extract

PREPARATION

- 1** Place oven rack in middle position. Preheat oven to 350°F.
- 2** In a bowl, combine flour, oats, baking soda, nutmeg, and nuts.
- 3** In a larger bowl, with the help of an electric mixer, mix together the softened butter, sugar, egg, and vanilla extract. Add the dry ingredients from step 2. Mix everything together with a wooden spoon or use your hands.
- 4** Cover a baking sheet with parchment paper or use a silicone baking sheet. Distribute the batter to make 16 cookies (2 tablespoons of batter per cookie). Bake for 7–8 minutes, or until slightly browned. Remove cookies from the oven and let them cool on a wire rack. Note, they are still soft when removed from the oven. The cookies harden when they cool.



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Nutrient Analysis

PER SERVING

1 cookie

Renal/Diabetic Exchanges:

1 Starch + 1 Fat

Calories **126 Kcal**

Protein **2 g**

Total Carbohydrate **15 g**

Fiber **1 g**

Sugars **6 g**

Fat **7 g**

Saturated **3 g**

Cholesterol **22 mg**

Sodium **45 mg**

Potassium **40 mg**

Phosphorus **39 mg**

Calcium **9 mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

NUTRITION CHECK ✓

Nuts can be part of a kidney-friendly diet

Nuts are a rich source of protein, fiber, healthy fats, disease fighting antioxidants, and minerals such as potassium and phosphorus. The fiber and healthy fat content of nuts can help to lower cholesterol levels. Research also suggests that nuts may decrease inflammation that can lead to heart disease, cancer, and possibly kidney disease.

While nuts can be a rich source of potassium and phosphorus, they can still be part of a kidney-friendly diet. The key here is portion size. Start by adding small amounts to your diet. Nibble on a few nuts as part of a healthful snack. Chop and sprinkle on hot cereal, a salad, or add to baked goods. Chop finely and use to coat fish or chicken for added flavor and texture.

To maximize their health benefits, choose nuts without added salt and sugar. It can also be helpful to choose nuts that are lower in potassium and phosphorus content such as walnuts, pecans, and macadamia nuts. Ask your registered dietitian nutritionist which type of nuts and how much is right for you.

Presented by



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