



Delicious!

PREPARATION: 45 MINUTES | REFRIGERATE: 1 HOUR | SERVINGS: 4

MANGO LIME CREAM

INGREDIENTS

*2 sheets Graham crackers,
crushed*

Mango cream

*2 cups (10 oz) frozen mango
pieces, defrosted*

2 tablespoons lime juice

*Zest of 1 lime (save some for
garnish)*

*½ cup sweet, condensed milk**

Vanilla cream

3 tablespoons whipping cream

*2 tablespoons whipped cream
cheese*

1 teaspoon powdered sugar

¼ teaspoon vanilla extract

*You can freeze leftover condensed milk.

PREPARATION

- 1** In a large bowl, prepare mango cream. With the help of an electric mixer or blender, combine all ingredients until creamy.
- 2** In another bowl, prepare vanilla cream. With the help of an electric mixer or blender, combine all ingredients. It takes about 1-2 minutes of mixing until sugar is dissolved and peaks form.
- 3** Distribute the crushed Graham crackers among 4 dessert glasses. Add the mango cream and top with the vanilla cream.
- 4** Cover with plastic wrap and refrigerate for 1 hour before serving. Garnish with lime zest.

***Tip: This dessert can be frozen.
Defrost in the fridge two hours
before serving.***

MANGO LIME CREAM



| Nutrient Analysis | |
|---------------------------------|----------|
| PER SERVING | |
| ¼ of recipe | |
| Renal/Diabetic Exchanges: | |
| 2 Lower-Potassium Fruit + 2 Fat | |
| Calories | 223 Kcal |
| Protein | 4 g |
| Total Carbohydrate | 33 g |
| Fiber | 2 g |
| Sugars | 27 g |
| Fat | 9 g |
| Saturated | 5 g |
| Cholesterol | 24 mg |
| Sodium | 105 mg |
| Potassium | 265 mg |
| Phosphorus | 104 mg |
| Calcium | 102 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 * |

* For Transplant: This recipe is higher in saturated fat. Check with your registered dietitian to see how this recipe can be included in your diet.

PHOSPHORUS CHECK ✓

Watch for additives in lower fat dairy products

When following a kidney-friendly diet, it is important to eat just the right amount of phosphorus. One must eat enough to maintain healthy teeth and bones and help nerves and muscles do their job, but not too much because it can lead to complications of kidney disease. Eating too much phosphorus increases the level of phosphorus in the blood. Over time, this will pull calcium from bones and make them weak. This then leads to calcium deposits in blood vessels, heart and lungs, increasing the risk for heart disease.

Avoiding phosphate additives when possible is the best way to prevent high blood phosphorus levels. Read the ingredient list on foods to know whether it contains phosphate additives. Ingredients with the letters “**phos**” are phosphate additives.

Check the ingredient list of all packaged foods. Some foods can be tricky as one form of the food contains additives while other forms do not. For example, regular cream cheese normally does not contain phosphate additives, but a fat free version likely contains sodium tripoly**phosphate** or a similar additive. Another example is fat free half and half which may contain disodium **phosphate** when the regular version has no additives. It may be better to buy the regular version and use a smaller portion to decrease overall calorie and fat content to avoid eating the additives. Ask your registered dietitian which option is best for you.

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