

BAKED BLUEBERRY OATMEAL

INGREDIENTS

1 cup milk (2% milk fat)

½ cup unsweetened applesauce

¼ cup almond butter

¼ cup honey

¼ cup canola oil

1 tablespoon vanilla extract

⅛ teaspoon baking soda

¼ teaspoon cream of tartar

2 cups quick oats

½ cup sliced almonds

½ cup fresh or frozen blueberries

Topping

1 cup fresh or frozen blueberries

2 tablespoons sliced almonds

2 tablespoons brown sugar

Optional

4 cups cottage cheese (2% milk fat)

PREPARATION

- 1** Preheat the oven to 350°F. Grease an 8×8-inch baking dish.
- 2** In a large bowl, whisk together the milk, applesauce, almond butter, honey, oil, and vanilla extract until smooth. Whisk in the baking soda and cream of tartar.
- 3** Using a spatula, stir in the oats, sliced almonds, and ½ cup blueberries until evenly combined.
- 4** Pour the mixture into the prepared baking dish and smooth the top.
- 5** Sprinkle the topping evenly over the top.
- 6** Bake for 50–60 minutes, until set, golden, and the topping is crisp. Remove from the oven and let cool for about 1 hour. Cut into 8 squares and serve with cottage cheese (optional).

Tip: Enjoy warm or cold, for breakfast or as a snack.



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Nutrient Analysis

PER SERVING
% of recipe

Renal/Diabetic Exchanges:
1 Meat + 2 Dairy + 1 Starch
+ ½ Lower-Potassium Fruit
+1 Fat

Calories	407 kcal
Protein	19 g
Total Carbohydrate	43 g
Fiber	5 g
Sugars	24 g
Fat	19 g
Saturated	3 g
Cholesterol	16 mg
Sodium	400 mg
Potassium	433 mg
Phosphorus	372 mg
Calcium	226 mg

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant*

* For Transplant: Reduce overall fat by using 1% milk or fat-free dairy products.

PHOSPHORUS CHECK ✓

Plan ahead breakfast

Starting the day off right with a healthy breakfast is important when you have chronic kidney disease (CKD). Eating a morning meal gives you nutrients to stay energized for work, school, or other daily activities. Certain choices such as baked goods, breakfast meats, milk-based smoothies, and packaged meals can be expensive and high in sodium, potassium, or phosphorus. Choosing convenient, healthy alternatives that support CKD nutrition goals is essential. Planning ahead can help you make more budget-friendly breakfasts.

Selecting a protein food is a helpful first step when planning breakfast. Eggs are a nutrient-dense option and can be used in quiches, omelets with low potassium vegetables, or baked into French toast or oatmeal. Homemade freezer burritos prepared in advance offer another quick option that heats up easily on a busy morning. Low-sodium cottage cheese can also be an option, as a ½ cup serving provides approximately 13 grams of protein. Cottage cheese can be paired with low-potassium peaches or pears, used to complement baked oatmeal, or included in pancake or muffin recipes. Hot cereal, such as oatmeal or cream of wheat, are additional quick and easy breakfast choices. Larger batches can be cooked and then frozen into individual portions for convenience. To add protein, top hot cereal with an ounce of nuts or 1 tablespoon of peanut, almond, or cashew butter.

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