

Winter

Warmer

recipes
using Renastep

Winter Warmer

Preparation time: 5 minutes

Cooking time: none

Makes: 1 portion

Ingredients

125ml Renastep™ (1 bottle)

½ tsp all spice

½ tsp cinnamon

½ tsp nutmeg

Method

1. Place a pan over a medium heat and add all the ingredients.
2. Stir continuously to warm gently, do not boil.
3. Remove from the heat and whisk with a hand or electric whisk to make a frothy drink.
4. Serve warm.

Drinks

Nutritional Information

Nutritional analysis does not include gingerbread.

Nutrient		per portion	per 100g
Calories	kcal	250	193
Protein	g	5.2	4.0
Sodium	mg/mmol	107 / 4.6	82 / 3.5
Potassium	mg/mmol	71 / 1.8	55 / 1.4
Phosphorus	mg/mmol	50 / 1.6	38 / 1.2
Calcium	mg/mmol	86 / 2.2	67 / 1.7



Serve with suitable biscuits such as gingerbread.

Dietitian's notes



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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