



# Pineapple Smoothie

Preparation time: 5 minutes

Cooking time: None

Makes: 1 portion

## Ingredients

- 125ml Renastep™
- 90g tinned, drained pineapple
- 1 tsp sugar

## Method

1. Place all the ingredients in a blender and blend until smooth.

## Nutritional Information

Nutrient		per portion	per 100ml
Calories	kcal	308	141
Protein	g	5.3	2.4
Sodium	mg/mmol	106 / 4.6	48 / 2.1
Potassium	mg/mmol	108 / 2.7	49 / 1.2
Phosphorus	mg/mmol	48 / 1.5	22 / 0.7
Calcium	mg/mmol	66 / 1.7	30 / 0.8

## Dietitian's notes

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Drinks

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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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