

# Christmas Tree

# Pizza Base

recipes  
using **RenaStep**



Main Meal

VitaFlo™

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# Christmas Tree

# Pizza Topping

recipes  
using **Renastep**



Main Meal



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# Christmas Tree Pizza Topping

Preparation time: 5 - 10 minutes

Cooking time: approximately 15 minutes

Makes: 1 Tree

## Ingredients

### Topping:

10g fresh basil

5ml oil

1/2 garlic clove

1 tsp (5g) red pepper, finely sliced

1 tsp (5g) green pepper, finely sliced

3g red onion, sliced

10g Violife mozzarella style, grated

5g carrot

## Method

\* If you plan to use the Renastep Christmas Tree Pizza Base recipe for your pizza base, preheat the oven to 200°C/180°C Fan/Gas Mark 6. You will add your topping (see instructions below for how to make the topping) to the base and cook this in the oven for approximately 15 minutes.

1. To make the pesto, blend the basil, oil and garlic together in a bowl, using a hand blender.
2. Take your pizza base (Please see the Christmas Tree Pizza Base recipe card) and cover the tree with pesto using the back of a spoon to spread. Leave a border around the edge.
3. Place the sliced pepper and red onion across the tree in rows to resemble tinsel.
4. Sprinkle Violife mozzarella style over the pizza.
5. To make a star, slice a large carrot lengthways to make a thin slice, cut out a star shape and place at the top of the tree.
6. As detailed above, cook the base and topping in the oven at 200°C/180°C Fan/Gas Mark 6 for approximately 15 minutes. Serve warm.

## Nutritional Information

### Toppings provide:

| Nutrient   |         | per portion | per 100g  |
|------------|---------|-------------|-----------|
| Calories   | kcal    | 88          | 183       |
| Protein    | g       | 0.9         | 1.8       |
| Sodium     | mg/mmol | 3 / 0.13    | 7 / 0.3   |
| Potassium  | mg/mmol | 101 / 2.5   | 211 / 5.3 |
| Phosphorus | mg/mmol | 17 / 0.5    | 34 / 1.1  |
| Calcium    | mg/mmol | 30 / 0.75   | 62 / 1.6  |

### One tree (base and topping) provides:

| Nutrient   |         | per portion | per 100g  |
|------------|---------|-------------|-----------|
| Calories   | kcal    | 979         | 480       |
| Protein    | g       | 20.5        | 8.3       |
| Sodium     | mg/mmol | 111 / 4.8   | 43 / 1.8  |
| Potassium  | mg/mmol | 407 / 10.2  | 313 / 7.8 |
| Phosphorus | mg/mmol | 232 / 7.4   | 106 / 3.4 |
| Calcium    | mg/mmol | 233 / 5.8   | 130 / 3.3 |

Always check with your dietitian that this recipe is suitable for you.



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 and has been analysed using Nutrimen dietary analysis software.



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