

Rose

Latte



Rose Latte

Preparation time: 5-10 minutes

Cooking time: None

Makes: 1 latte

Ingredients

125ml Renastep™
1 rose tea bag

30 ml water, boiled
5g beetroot powder

Method

1. Place the rose tea bag into a cup with the boiling water and allow to brew for 3-4 minutes or as per guidance the packaging. Then carefully remove the tea bag.
2. Warm Renastep gently in a pan on a low heat.
3. In a cup, mix the beetroot powder with a small amount of Renastep to make a paste, then stir in the remaining Renastep.
4. Pour in the rose tea and mix well.
5. Serve warm.

Nutritional Information

Nutrient		per portion	per 100ml
Calories	kcal	268	162
Protein	g	5.7	3.5
Sodium	mg/mmol	138 / 5.9	84 / 3.6
Potassium	mg/mmol	65 / 1.6	40 / 1
Phosphorus	mg/mmol	46 / 1.5	28 / 0.9
Calcium	mg/mmol	60 / 1.5	37 / 0.9



Serve as an iced latte – use chilled Renastep and serve over re-useable ice plastic cubes.

Red or pink food colouring can be used instead of beetroot powder. Sprinkle with cinnamon to serve.

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 and has been analysed using Nutrimer dietary analysis software.

