

Pomegranate Smoothie



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Preparation time: 10 minutes

Cooking time: None

Makes: 1 smoothie

Equipment: Hand blender

Ingredients

125ml Renastep™

20g pear, chopped

20g frozen raspberries

1 tsp fresh ginger, grated

15g pomegranate arils

Method

1. Pour Renastep into a blender. Add the other ingredients and blend.
2. Pour into a glass. Serve cold.

Nutritional Information

Nutrient		per portion	per 100ml
Calories	kcal	271	147
Protein	g	5.6	3
Sodium	mg/mmol	106 / 4.6	58 / 2.5
Potassium	mg/mmol	149 / 3.7	81 / 2
Phosphorus	mg/mmol	57 / 1.8	31 / 1
Calcium	mg/mmol	67.35 / 1.7	36 / 0.9



Swap frozen raspberries for blueberries if permitted.
Serve over re-usable plastic ice cubes for a refreshing drink with less fluid.

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.

