



Apple Porridge with Blueberry Compote



Breakfast

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Preparation time: 5 minutes

Cooking time: 10 minutes

Makes: 1 portion

Ingredients

- 125ml Renastep™ (1 bottle)
- 25g porridge oats
- ½ apple, peeled and grated
- ¼ tsp cinnamon
- 80g frozen blueberries
- 1 tsp water
- 1 tsp honey

Method

- Mix the oats, grated apple, cinnamon and Renastep in a small saucepan.
- Bring gently to the boil, stirring occasionally, then reduce heat and cook for 4-5 minutes, stirring constantly.
- Meanwhile, tip the blueberries into a pan with 1 tsp of water and honey and gently poach until the blueberries have thawed and are tender, but still holding their shape.
- Spoon the porridge into a bowl and top with the blueberries.

Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	431	144
Protein	g	8.9	3.0
Sodium	mg/mmol	108 / 4.7	36 / 1.6
Potassium	mg/mmol	257 / 6.4	86 / 2.1
Phosphorus	mg/mmol	160 / 5.1	54 / 1.7
Calcium	mg/mmol	90 / 2.3	30 / 0.8

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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