



Strawberry Smoothie

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Drinks

Preparation time: 5 minutes

Cooking time: None

Makes: 1 portion

Ingredients

125ml Renastep™

2tsp Strawberry milkshake syrup (your Dietitian can advise you on which options are suitable)

45g fresh strawberries

1 tsp sugar

Few drops red food colouring, if desired

Method

Nutritional Information

Nutrient		per portion	per 100ml
Calories	kcal	280	154
Protein	g	5.3	2.9
Sodium	mg/mmol	109 / 4.7	60 / 2.6
Potassium	mg/mmol	120 / 3.0	66 / 1.7
Phosphorus	mg/mmol	55 / 1.8	30 / 1.0
Calcium	mg/mmol	67 / 1.7	37 / 0.9

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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