

Preparation time: 5 minutes | Recipe makes: 1 serving

Nutrition Information

Calories: 420 | **Protein:** 8 g | **Potassium:** 99 mg
Phosphorus: 67 mg | **Calcium:** 126 mg | **Sodium:** 170 mg

Ingredients

- 200 ml (1 bottle) Renastep™
- 2 1/4 tsp ground cinnamon
- 2 1/4 tsp ground allspice
- 3/4 tsp ground nutmeg

Directions

1. Heat all ingredients in a pot over medium heat, stirring continuously. Do not allow mixture to boil.
2. Remove from heat and whisk by hand or with an electric hand mixer to make a frothy drink.
3. Serve warm.

Renastep is for use in the dietary management of pediatric kidney disease from 1 year of age and **under medical supervision**. Be sure to ask your child's healthcare professional about which recipes are appropriate for them.
This recipe was analyzed using FoodData Central. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for your child. Refer to labels for allergen information and suitability.
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Step into A Morning on the Go



Strawberry Smoothie

Nutrition Information

Calories: 470 | **Protein:** 8 g | **Potassium:** 134 mg
Phosphorus: 70 mg | **Calcium:** 101 mg | **Sodium:** 183 mg

Ingredients

- 200 ml (1 bottle) Renastep™
- 2 Tbsp Nestlé® Nesquik® strawberry flavored powder
- 1/4 cup strawberries, fresh, hulled, and sliced

Directions

1. Place all ingredients in a blender and blend until smooth.
2. Serve in your favorite cup and enjoy!

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Step into Summer



Rena Colada

Preparation time: 3 minutes | Recipe makes: 1 serving

Nutrition Information

Calories: 460 | **Protein:** 8 g | **Potassium:** 129 mg
Phosphorus: 66 mg | **Calcium:** 98 mg | **Sodium:** 179 mg

Ingredients

- 200 ml (1 bottle) Renastep™, chilled
- 6 chunks (46 g) pineapple, frozen
- 2 tsp coconut flakes, unsweetened, toasted

Directions

1. Place all ingredients in a blender and blend until smooth.
2. Serve in your favorite cup and enjoy!

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