



PREPARATION: 5 MINUTES | SERVINGS: 1

# BLUEBERRY PEAR PROTEIN SMOOTHIE

## INGREDIENTS

*½ cup unsweetened, vanilla-flavored enriched rice beverage*

*1 ½ tablespoons unflavored whey protein powder*

*¼ cup blueberries*

*¼ cup canned pear*

*1 tablespoon oats*

*1 tablespoon honey (optional)*

## PREPARATION

- 1** Place all ingredients in a blender and mix until smooth.
- 2** Serve immediately.



# BLUEBERRY PEAR PROTEIN SMOOTHIE



## Nutrient Analysis

### PER SERVING

1 Smoothie

### Renal/Diabetic exchanges:

1 Meat + 3 Starch

Calories	<b>229Kcal</b>
Protein	<b>10g</b>
Total Carbohydrate	<b>45g</b>
Fiber	<b>3.6g</b>
Sugars	<b>31g</b>
Fat	<b>2g</b>
Saturated	<b>0.2g</b>
Cholesterol	<b>1mg</b>
Sodium	<b>63mg</b>
Potassium	<b>190mg</b>
Phosphorus	<b>247mg</b>
Calcium	<b>195mg</b>
Iron	<b>1mg</b>
Magnesium	<b>52mg</b>
Vitamin C	<b>4mg</b>

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes\*
- Dialysis
- Transplant

\* Count carbohydrates from smoothies as part of total carbohydrate meal or snack goals

## POTASSIUM CHECK ✓

# Protein powder in smoothies or snacks

Finding the time for meal planning and preparation is a big concern for most kidney patients. Oftentimes, it is much simpler to grab something quickly instead of spending time cooking and sitting down for a more balanced meal. Adding protein powder to meals or snacks is a simple method to limit potassium and help you meet your daily protein goals when you are short on time.

The amount of protein varies in different powders and can range from 10 to 50 grams per serving. Working with a registered dietitian can help you determine the ideal choice and amount of protein you need. Whey protein can be used with your kidney diet and comes flavored or unflavored.

Prepare a quick snack by blending one scoop of protein powder with fresh fruit, rice milk and ice for a delicious smoothie or mix in protein powder as part of a muffin recipe to increase your protein intake. You can also stir-in a scoop of protein powder as part of your favorite beverage or a soft food item to add extra protein with minimum effort.

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