

PREPARATION: 15 MINUTES | COOKING: 10 MINUTES  
REFRIGERATE: 2 HOURS | SERVINGS: 4

# VANILLA CINNAMON CREAM

## INGREDIENTS

2 egg yolks

2 cups skim milk

1/3 cup sugar

1/4 cup corn starch

1 teaspoon vanilla extract

1/8 teaspoon cinnamon

1 tablespoon  
unsalted butter

4 ginger cookies

## PREPARATION

- 1** In a saucepan, mix the egg yolks, milk, sugar, corn starch, vanilla extract, and cinnamon.
- 2** Bring to a boil over medium heat while stirring constantly until thickened.
- 3** Remove from heat and add butter. Stir to combine.
- 4** Transfer the cream into four dessert bowls or glasses and cover top of dessert with plastic wrap to avoid thickening of each top layer. Refrigerate for at least two hours.
- 5** Serve with ginger cookies.

# VANILLA CINNAMON CREAM



## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
1 Milk + 1 Carbohydrate + 1 Fat	
Calories	221
Protein	6g
Total Carbohydrate	35g
Fiber	0g
Sugars	24g
Fat	6g
Saturated	3g
Cholesterol	103mg
Sodium	95mg
Potassium	227mg
Phosphorus	164mg
Calcium	168mg
Iron	1mg
Magnesium	18mg
Vitamin C	0mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK ✓

### Kidney-friendly and heart-healthy

For those with chronic kidney disease, it is important to follow a diet that is both kidney-friendly and heart-healthy. The key to a heart-healthy diet is eating less fat, especially saturated fat. Saturated fats can be naturally occurring, such as butter, meat fat, and coconut oil, or artificially made, called trans fats, commonly found in stick margarine and shortening.

Saturated fats are easy to spot, as they are solid at room temperature. Many baking recipes include saturated fat. Margarine has less saturated fat than butter or shortening and is thus a better choice when baking. It is also possible to substitute oil for butter or shortening in many recipes. A good rule of thumb is to decrease the amount of oil by one-fourth compared to the amount of butter or shortening in the recipe. For example, if a recipe calls for 1 cup of butter or shortening, substitute three-fourths cup of oil. Experiment with your recipes to see if this substitution can work for you. To start, substitute half of the butter or shortening with oil. If that works well, then try substituting the entire amount.

Packaged foods can have high levels of both saturated and trans saturated fats. Limit saturated fat as much as you can and avoid trans fat whenever possible. Fats that are liquid at room temperature such as olive and canola oils are unsaturated fats. These fats are the best to use. Careful reading of Nutrition Facts labels will help you accomplish this goal.

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