



### KIDNEY FRIENDLY PARFAIT

A parfait can be a delicious and healthy addition to a Chronic Kidney Disease (CKD) diet when made with the right ingredients.

 10 minutes

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 1 portion

## INGREDIENTS

- 1/2 cup [8 fl oz] of yogurt, plain, low fat [123 g]
- 1/4 cup, halves of strawberries, raw [38 g]
- 1/4 cup of blueberries, raw [37 g]
- 1/4 oz [10-12 kernels] of nuts, macadamia nuts, raw [7 g] **or** 1/4 oz [19 halves] of nuts, pecans [7 g] **or** 1/4 oz of seeds, chia seeds, dried [7 g]
- 1/4 packet [0.5 oz] a drizzle of honey [4 g]

## COOKING METHOD

- 1° Layer the yogurt at the bottom of a small glass or bowl. Add a layer of fresh fruit (berries or apple slices). Top with nuts or seeds and a small drizzle of honey or syrup if desired. Finish with a sprinkle of whole grain cereal.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [208 g]	% DRI
ENERGY	80 kcal	166 kcal	8 %
FAT	3 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	4 mg	7 mg	2 %
SODIUM	42 mg	87 mg	4 %
CARBOHYDRATE	10 g	21 g	7 %
SUGARS	8 g	17 g	—
FIBER	1 g	3 g	12 %
PROTEIN	4 g	8 g	—