

KIDNEY FRIENDLY DATE CAKE



A simple, moist, and nutrient-rich Date Cake recipe that's suitable for a CKD [Chronic Kidney Disease] clients, taking into account lower sodium and potassium levels, reduced phosphorus, and avoiding heavy protein/fat content. It uses wholesome ingredients while remaining kidney-friendly and delicious.

 25 minutes 55 minutes 12.1 portions

INGREDIENTS

- 1 cup [200 grams] of dates, medjool
- 1 cup [8 fl oz] of spring Water [252 g]
- 1 tsp of leavening agents, baking soda [5 g]
- 1 1/4 cups of wheat flour or white, all-purpose, unenriched [156 g]
- 1 tsp of leavening agents, baking powder, low-sodium [5 g]
- 1/2 tsp of spices, cinnamon, ground [1 g]
- 1 portion of apple Cranberry Sauce unsweetened [no added sugar use only the agave or honey] [55 g]
- 1 tbsp, whole of seeds, flaxseed [10 g]
- 1 tsp of vanilla extract [4 g]
- 2 tablespoons of oil, olive [27 g]
- 1 oz [19 halves] of nuts, pecans [28 g]

COOKING METHOD

- 1° Preheat oven to 350°F [175°C]. Line a loaf pan or 8x8 baking dish with parchment paper.
- 2° Soak the dates: Place chopped dates in boiling water with baking soda. Let sit for 10–15 minutes to soften and reduce potassium. Drain and mash gently.
- 3° Prepare flax egg: Mix flaxseed meal and water in a small bowl. Let sit for 5 minutes until gelled.
- 4° Mix wet ingredients: In a bowl, combine mashed dates, flax egg, applesauce, olive oil, vanilla, and sugar [if using]. Mix until well incorporated.
- 5° Combine dry ingredients: In another bowl, mix flour, baking powder, and cinnamon.
- 6° Mix together: Add the dry ingredients to the wet mixture. Stir until just combined. Fold in nuts if using.
- 7° Bake: Pour into prepared dish. Bake for 25–30 minutes or until a toothpick comes out clean.
- 8° Cool & Serve: Let cool before slicing. Pairs well with a spoon of renal-safe plant yogurt or a warm herbal tea.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (41 g)	% DRI
ENERGY	340 kcal	139 kcal	7 %
FAT	11 g	4 g	7 %
FATTY ACIDS, TOTAL SATURATED	3 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	258 mg	106 mg	4 %
CARBOHYDRATE	59 g	24 g	8 %
SUGARS	29 g	12 g	—
FIBER	5 g	2 g	8 %
PROTEIN	5 g	2 g	—