Nutritional information can be found in a separate booklet intended for use by renal paediatric dietitians. Please discuss this with your dietitian if required.

We would like to thank Kidney Care UK (formerly the British Kidney Patient Association) for providing funding to support a dietetic support worker, Rachel Smith, who contributed to this recipe book. Also Vitaflo International Ltd, who provided support and funding for the artwork and production.
Our cookbook has been designed with our kidney patients and their families in mind. All our recipes can be enjoyed by the whole family and have been cleverly adapted for those on restricted diets.

Most foods can be incorporated into a kidney friendly diet in some way, although quantities will need to be adjusted. This cookbook has been designed to give ideas on how everyday family foods can be simply adapted to suit a special kidney diet.

We have used traffic light coding for the recipes, to display the potassium, sodium and phosphate content. Coding is shown in a traffic light format, as below.

Coding information for dietitians is available on request.

If a recipe is high, the traffic light is RED = Stop, if a restriction has been recommended.

If a recipe is medium the traffic light is AMBER = Take care, enjoy these foods in moderation.

If a recipe contains a low amount of a particular nutrient, the traffic light is GREEN = Go! Enjoy these foods regularly.

A RED coding warns that a recipe has a high potassium/phosphorus/sodium (salt) content. If a restricted diet is needed it is better to avoid this recipe and discuss it with the dietitian. Sometimes small portions can be included alongside foods that are lower sources, so that there is a balance through the day.

We have included some recipes using prescribed supplements. See pages 3 and 4 in this booklet for guidance and discuss this with your dietitian.
Different kidney conditions require different dietary changes, so advice is individual and will consider your child’s current clinical situation, treatment and requirements for energy, growth and wellbeing. It is important that your child has advice from a paediatric dietitian who has received training in the dietary management of kidney disease.

The following ideas are very general but can help you to learn to make appropriate changes to your child’s diet, without needing to provide separate meals from the rest of the family. Some clever changes mean that a child will still be able to enjoy most of their favourite meals.

**For a low potassium diet:**
- Replace potatoes with pasta, rice, noodles, bread, cous cous or polenta.
- Peel, then boil potatoes in large volumes of water for 20 minutes, before adding to any recipe.
- Change any high potassium vegetables or fruit in a recipe i.e., mushroom, spinach, berries, for lower potassium ones. i.e. green peppers, apple.
- Use a renal milk substitute recipe in place of milk. Discuss this with your dietitian and see page 4 under ‘low phosphorus diet’.
- Use a low potassium chocolate substitute to give you a ‘chocolately’ taste without the chocolate. (Speak to your dietitian for advice as this is only available on prescription).
- Avoid using salt substitutes (ie LoSalt, Selora) as these contain potassium.

**For a reduced salt diet:**
- Try not to add salt in cooking - use herbs, garlic and spices. If you have to add salt, add less than you usually would.
- Choose unsalted butter in recipes.
- Limit salty foods, such as bacon, salami, olives, anchovies, and add alternatives such as chicken, turkey rashers, and peppers.
- Reduce amounts of cheese in recipes.
- Try to make your own meat products, e.g. chicken nuggets, burgers. Then you are in control of the added salt.
- Buy fresh sauces rather than dried ones or even better, make your own.
- Chinese and Thai food can be very salty. Avoid choosing sauces containing these mixes.
- Spicy foods can make us thirsty - beware if your child is on a fluid restriction!
- Avoid salt substitutes as many are unsuitable. This will help reduce a liking for salt.

**For a low phosphorus diet**
- Use the following foods instead of milk
  - Double cream*, mixed with the same volume of water
  - Creme Fraiche
  - Sno-Pro or ProZero (Speak to your dietitian for advice as these are only available on prescription).
- Soya products are often lower in phosphorus compared to the cow’s milk variety, i.e. Soya Dessert vs. Yoghurt.
- Use smaller quantities of cheese in recipes and use very strong cheese to get better flavour.
- Soft cheeses are generally lower in phosphorus than hard cheese. Use in sauces, sandwiches.
- Ricotta cheese makes a good pizza topping and is lower in phosphorus than mozzarella or cheddar.

**Fluids:**
If a fluid restriction is needed, adapt recipes so that they have less sauce. Remember jelly, custard and yoghurt count as fluids. Less salt in recipes will help to reduce thirst.

‘Coat’ food rather than serve swimming in sauces.

* Double cream contains a high amount of Vitamin A. If you choose this option please discuss this with your dietitian.
**Baked Pitta Chips**

**Ingredients**
- 3 (6”) pitta breads
- 3 tbsp olive oil
- Chilli powder/Oregano or a herb of your choice

**Method**
1. Preheat oven to 180ºC/160ºC Fan/350ºF/Gas 4.
2. Cut pitta’s open with kitchen scissors.
3. Cut each pitta into 8 wedges.
4. Brush pitta wedges with olive oil and sprinkle with chilli powder/oregano/herb of your choice.
5. Bake for approximately 15 minutes or until crisp and crunchy.
6. Enjoy with a soured cream or cheese and chive dip or garlic mayonnaise.

**Polenta Chips**

**Ingredients**
- 50g polenta
- 200ml reduced salt chicken or vegetable stock, or water
- 1 tbsp Parmesan cheese (optional)
- 2 tbsp sunflower oil

**Method**
1. Bring the stock to a boil in a saucepan and add the polenta in a steady stream. Cook, stirring continuously, for 5 minutes (take care as polenta bubbles furiously).
2. Take off the heat and stir in the parmesan (if using).
3. Spoon the mixture onto the tray and flatten into a large rectangular shape, about 5-10 mm thick (depending on how thick you want your chips!) using the back of the wooden spoon. Leave to cool for 10-15 minutes.
4. Using a sharp knife, chop into thin chip shapes. Fry lightly and evenly on all 4 sides in oil. Serve hot and enjoy!
**Tuna Muffin Pizza**

**Ingredients**
- 2 English muffins
- 1 tbsp tomato puree
- 1 tbsp olive oil
- 25g red onion
- 120g canned tuna, drained
- 30g crumbled feta cheese
- Pinch of garlic powder and oregano

**Method**
1. Preheat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Mix the tomato puree and olive oil and spread on the split muffins.
3. Chop the onion and spread over the muffins. Place the drained tuna on top and sprinkle with the garlic powder and oregano.
4. Crumble the feta cheese over the top and bake on a tray in the oven for 12 minutes.

**Serves** 2

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**Pork Pitta Pizza**

**Ingredients**
- 1 tbsp sunflower oil
- 1 garlic clove, crushed
- 30g onion, diced
- 80g red bell pepper, diced
- 40g lean pork mince
- 2 pitta breads
- 2 tbsp tomato salsa
- 60g mozzarella cheese
- 60g cheddar cheese

**Method**
1. Preheat oven to 200°C/180°C Fan/390°F/Gas 5.
2. Combine the oil, pork, chilli flakes, garlic, onion and pepper in a non-stick frying pan and fry until cooked.
3. Place the pittas on a baking tray and cover with the pork mixture.
4. Spread 1 tablespoon of the tomato salsa and half of the cheese on top of each of the pittas.
5. Bake for 5-8 minutes until the cheese is bubbly.

**Serves** 2
**Ingredients**

4 chunks of either french bread, pitta or wraps
100g cooked chicken breast
100g of tinned (no added salt) or frozen sweetcorn
50g red bell peppers, chopped
4 tsp fresh basil chopped
1 clove garlic, chopped
50g tomato puree
50g cream cheese
50g cheddar cheese
Dash of olive oil

**Method**

1. Preheat oven to 180°C/160°C Fan/350°F/Gas 4. Cover a baking tray with greaseproof paper, and place either the French bread, pitta or wraps on top.

2. Heat the olive oil in a large frying pan over a medium heat, then add the corn, red peppers, chicken and garlic. Fry for a further 2 minutes, until thoroughly cooked through. Remove from the heat and stir in the tomato puree.

3. Share out the chicken mixture evenly between bases then top with a blob of cream cheese and grated cheddar cheese.

4. Bake in the oven for 3-5 minutes or until the cheese melts and the base goes slightly crisp. Remove from the oven and sprinkle each pizza with the chopped basil.

**Tip** Serve with polenta fries, rice or pasta.
**Chicken Nuggets**

**Ingredients**
- 2 large chicken breasts, chopped into bite-size pieces
- 80g breadcrumbs (buy ready-made or grate some bread)
- 1 small tub of natural yoghurt

**Method**
1. Put the breadcrumbs in a bowl.
2. Put the yoghurt in a separate bowl.
3. Dip the raw chicken pieces into the yoghurt then coat in the breadcrumbs.
4. Shallow fry in oil (try rapeseed/sunflower oil) for about 5 minutes each side, but keep an eye on them to make sure they don’t start to burn!

**Tip**
Serve these with polenta chips or chopped up into hot pasta with a knob of garlic butter.

**Crunchy BBQ Chicken Wraps**

**Ingredients**
- ½ small carrot
- A handful of lettuce strips
- 140g cooked chicken breast cut into thin strips
- 1 tbsp BBQ sauce
- 1 tbsp low-fat mayonnaise
- 2 tortilla wraps

**Method**
1. Wash the carrots and lettuce, grate the carrot and cut the lettuce into strips.
2. Coat the cooked chicken slices with BBQ sauce.
3. Roll out the tortilla wraps and spread on a thin layer of mayonnaise. Place the lettuce on top the wrap first then sprinkle on grated carrot and add the BBQ chicken.
4. Fold the wraps over to enclose the filling so the contents don’t fall out. Cut into two and serve.

**Tip**
To lower salt content avoid BBQ sauce and use creme fraiche instead of mayonnaise.
Method

1. Preheat the oven to 180°C/160°C Fan/350°F/Gas 4.
2. Heat the oil and fry the onions and garlic until soft, then add the meat and cook until browned.
3. Add the tomatoes, water, stock powder, herbs and spices, and simmer over a low heat until most of the liquid has evaporated.
4. In a separate saucepan, melt the butter. Once melted add the flour and whisk together to make a smooth paste.
5. Slowly add the renal milk substitute to the paste, whisking constantly, then add the nutmeg and 35g of the cheese.
6. Oil an oven-proof dish and add a layer of the meat mix to the bottom, followed by a layer of pasta sheets. Cover these with some of the cheesy sauce. Repeat this process until you have used up all of the meat mixture.
7. Finish with a final layer of the cheesy sauce then cover with foil and bake at 180°C/160°C Fan/350°F/Gas 4 for 30 minutes.
8. Remove from the oven after 30 minutes, remove the foil and grate the remaining cheese over the top. Then return to the oven for a further 10-15 minutes and serve.

Ingredients

Meat sauce
200g minced beef
60g onion, chopped
2 garlic cloves, finely sliced
150ml tinned chopped tomatoes
300ml water
½ tsp low salt stock powder (½ cube)
Pinch each of cinnamon, oregano and basil

Creamy sauce
25g unsalted butter
40g plain flour
50g strong cheddar cheese
250ml renal milk substitute
Pinch nutmeg
1 tbsp. Olive oil
6-8 sheets of dried lasagne
Ingredients
1 tbsp. oil
400g minced beef
½ large onion, chopped
½ tsp ground nutmeg
1 carrot, chopped
1 celery stick, finely chopped
1 garlic clove, finely chopped
1 reduced salt chicken or beef stock cube with 200ml water
100ml passata
10g fresh basil

Method
1. Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
2. Add the mince to the pan and brown, breaking it up with a wooden spoon.
3. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
4. Allow to simmer on a low heat for about an hour, using a lid that is slightly ajar to let out the steam. Serve with pasta and garlic bread.
**Ingredient**

400g mince beef  
15g plain flour  
1 tsp dried mixed herbs  
60g carrots boiled in unsalted water  
1 reduced salt stock cube

**Scone topping:**  
50g unsalted butter  
125g self-raising flour  
5g dried mixed herbs  
75mls water

**Method**

1. Preheat the oven to 190ºC/170ºC Fan/375ºF/Gas 5.
2. Peel and chop the carrots and boil for 10 mins in unsalted water, throwing away the water.
3. Put carrots and minced beef in the saucepan and cook over a medium heat until the meat is browned, stirring the ingredients together.
4. Add the flour and mixed herbs to the meat mixture and cook, stirring for 1 minute.
5. Measure 250ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
6. Pour the stock into the saucepan and stir until boiling, then reduce the heat and simmer for 10 minutes.
7. To make the cobbler topping, sift the flour into a mixing bowl and add the unsalted butter.
8. Using clean hands, rub the butter into the flour until the mixture resembles fine breadcrumbs.
9. Add the dried herbs. Gradually add enough water to mix to a soft dough, knead well.
10. Roll out on a floured board to 1cm thick and cut into rounds with the pastry cutter.
11. Pour the meat mixture into an ovenproof dish and arrange the scone rounds on top.
12. Bake in the oven for 12–18 minutes until the scones are well risen and golden brown.
Ingredients

- ½ tsp chopped garlic
- 60g celery, sliced
- 1 small onion, diced
- 1 green pepper, sliced
- 3 tbsp cornflour
- 460g cooked white rice or 4-5 sheets of noodles
- 230g pineapple chunks, in syrup
- 460g boneless, skinless chicken breasts
- 225ml reduced salt chicken stock
- 75ml apple cider vinegar
- 75g brown sugar
- 2tsp reduced salt soy sauce

Method

1. To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice; you should have about 75ml. Mix the cornflour with the pineapple juice to make a smooth paste. Add 225ml reduced salt chicken stock, then stir in the soy sauce, vinegar, sugar until thoroughly combined. Set aside.

2. Cut each chicken breast into pieces. Heat a tablespoon of the oil in a large non-stick frying pan and stir-fry the garlic, celery, onion and peppers for two minutes.

3. Add the remaining oil and the chicken to the pan and stir-fry for two minutes until golden. Add pineapple chunks and fry for 30-60 seconds.

4. Stir the cornflour and pineapple mixture and add it to the pan with the chicken and vegetables. Stir well, season with some ground black pepper, bring to the boil and then turn heat down to simmer. Cook for 4–6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked, turning the chicken and vegetables a few times. Add more water if needed. Served with boiled or stir-fried white rice or noodles.

Tip You may need to add more water or water/cornflour mix depending on thickness.
**Garlic Chicken with Balsamic Vinegar**

**Ingredients**
- 500g boneless, skinless chicken breasts
- 1 tsp fresh ground black pepper
- 15ml olive oil
- 3 cloves garlic, peeled and chopped
- 60ml balsamic vinegar
- 180ml reduced salt chicken stock
- 1 bay leaf
- ¼ tsp thyme leaves
- 1 tbsp cornflour

**Method**
1. Season the chicken breasts with pepper. Heat olive oil in a non-stick frying pan over a medium-high heat, then cook the chicken until nicely browned on one side (about 3 minutes).
2. Add the garlic, turn the chicken. Move the mixture around to prevent it from sticking. Cook for a further 3 minutes.
3. In a small bowl, mix the balsamic vinegar, reduced salt stock, bay leaf, thyme leaves and cornflour.
4. Add the vinegar mixture to the pan and stir until the sauce has thickened.
5. Cover and cook over a moderate-low heat for about 10 minutes.
6. Serve with rice or pasta.
**Ingredients**

- 1 packet of ready rolled short or puff pastry
- 30g unsalted butter
- 60g plain flour
- ½ tsp dried rosemary
- Pinch of black pepper
- 500ml reduced salt chicken stock
- 450g chicken, cooked
- 100g frozen peas

**Method**

1. Preheat the oven to 190ºC/170ºC Fan/375ºF/Gas 5.
2. Make a sauce by melting the butter, once melted add the flour stirring continuously for 1 minute.
3. Slowly add the stock and bring to the boil, reduce the heat and allow to simmer until thickened.
4. Add the rosemary, peas and cooked chicken and stir to combine. Add salt and pepper.
5. Pour the mixture into a pie dish and cover with the pastry, cutting around the edge to make a secure lid for the pie.
6. Make two small slits in the top to allow the steam to escape and put in the oven for 30-40 minutes or until golden brown and crispy.
7. Enjoy with a side of polenta chips.

**Ingredients**

- 1 tsp chilli powder
- 400g pack turkey mince
- 100g long grain rice, rinsed
- 600ml reduced salt chicken stock
- 140g frozen peas, boiled
- Small bunch coriander, chopped
- 8 taco shells
- ½ iceberg lettuce, shredded
- 150ml pot soured cream

**Method**

1. Add the mince and chilli powder cooking until browned, breaking it up well, adding a splash of oil if you prefer. Stir in the uncooked rice and mix well, then add the reduced salt chicken stock.
2. Cover and simmer for 20-25 minutes until the rice is cooked, then stir in the pre-cooked peas and scatter over the coriander.
3. Serve with with shredded lettuce and soured cream. Eat on its own or with unsalted taco shells, couscous or polenta.

**Tip**
Replace chilli powder for garlic granules for a different taste and a little less potassium.
Fish Fingers

**Ingredients**
- 300g white fish fillet (cod, haddock, pollock)
- 50g breadcrumbs (blitz 1-2 slices of bread in a food processor or grate)
- 1 egg, beaten
- 50g cornflakes
- 120g plain flour
- Oil for frying

**Method**
1. Cut the fish fillets into 8 fingers
2. Set out 3 bowls; one with the beaten egg in, 1 with the flour in and one with the cornflakes and breadcrumbs in.
3. One at a time, coat the raw fish in flour, then dip into the beaten egg mixture before finally coating in the cornflakes or breadcrumbs, making sure you coat all the fish evenly.
4. Carefully fill a frying pan with rapeseed, vegetable or sunflower oil about 1 cm deep to shallow fry. Heat the oil, to test the temperature, drop a cornflake in, it should sizzle slowly and gently brown over 20-30 seconds. If the bread coating browns too quickly and burns, the oil is too hot.
5. Fry the fish for about 3 minutes each side. Be careful not to splash the hot oil.

**Tip**
Serve with polenta chips and peas.
Be aware of the potassium content in any accompanying vegetables.

Salmon Fish Burgers

**Ingredients**
- 400g tinned salmon
- 2 beaten eggs
- 2 tbsp mayonnaise
- 1 tbsp horseradish
- 200g white rice, boiled (no added salt)
- Pinch pepper
- 2 tbsp. sunflower oil
- ¼ cup finely chopped onion
- 4 burger buns

**Method**
1. In a large bowl, combine all of the ingredients (apart from the oil and buns) shape the mixture into four burger patties.
2. In a large frying pan, add sunflower oil and lightly cook the patties in this over a medium heat for 5-6 minutes. Flip the burgers and fry for another 5-6 minutes until both sides are golden brown.
3. Toast the buns and add your salmon burgers.

**Tip**
Salad leaves can be added, be aware of the increased potassium content if salad ingredients are added.
A lot of salt is provided by the bun, try with rice or pasta to limit salt.
Vegetable Risotto

Ingredients

- 160g Frozen peas
- 2 tbsp fresh parsley
- Pinch ground pepper
- 4 tbsp olive oil
- 75g parmesan, finely grated
- 1 cube reduced salt vegetable stock
- 1 small onion, diced
- 1 clove garlic, crushed
- 100g Broccoli
- 100g Courgette
- 350g Arborio rice or risotto rice

Method

1. **If using peas**: Put the peas into a pan of water and boil for 5 minutes, then drain.

2. **If using broccoli**: Remove the chunky stem and discard. Chop the florets evenly and boil in a pan of water for 5 minutes and drain.

3. **If using courgette**: Cut the ends off the courgette and throw them away. Slice the courgette, boil in a pan of water for 5 minutes and drain.

4. Heat the oil in a large saucepan and add the onion and garlic, cook over a medium heat for 5 minutes, or until the onion is soft.

5. Take the pan off the heat and add the rice, stirring until the rice is coated with the oil.

6. In a jug, add 850ml boiling water to the stock cube and stir until dissolved.

7. Using a ladle, add one scoop of the stock to the rice mixture, and put back on the heat. Gently stir the rice until nearly all the liquid has been absorbed. Each time the stock is absorbed, add another ladleful.

8. About 15 minutes after you added the first stock, stir in the precooked vegetables. Keep adding ladles of stock and stirring them in, until the rice is creamy and just tender.

9. Take the pan off the heat and cover it with a lid. Leave it for 3 minutes, then stir in the parsley, parmesan and 2 pinches of pepper.

Serves 4

Potassium

Salt

Phosphorus
**Ingredients**

- 180g pasta tubes, uncooked
- 170g cream cheese
- 2 tbsp unsalted butter
- 100ml renal milk substitute
- 1 clove garlic
- 3 tbsp grated parmesan cheese
- Pinch black pepper

**Method**

1. Cook the pasta according to packet instructions, omitting salt.
2. In a saucepan over a low heat, melt the butter. Add the garlic and simmer for 1 minute. Stir in the cream cheese and 1 tbsp parmesan until melted. Pour in the renal milk substitute and whisk to make a sauce. You can add more renal milk substitute to reach your desired consistency, or leave to simmer to thicken. Simmer on a low-medium heat, being careful not to burn.
3. Add black pepper to taste.
4. Mix in the pasta, top with the remaining 1 tbsp parmesan cheese and brown under the grill for a few minutes. Enjoy!

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**Lemon and Poppy Seed Muffins**

**Ingredients**

- 280g plain flour
- 120g white sugar
- 30g poppy seeds
- 1 egg
- 150ml renal milk substitute
- 50ml vegetable oil
- 50ml lemon squash, undiluted

**Method**

1. Preheat the oven to 190°C/170°C Fan/375°F/Gas 5. In a large bowl combine the flour, sugar, poppy seeds, baking powder and baking soda.
2. In a separate bowl mix the egg, milk, oil, lemon juice and rind.
3. Mix in together and stir just enough to moisten, being careful not to over mix.
4. Spoon into a greased non-stick muffin tin.
5. Bake in a 190°C/170°C Fan/375°F/Gas 5 oven for 25-30 minutes.
**Edie's and Ilse's Pancakes**

**Ingredients**
- 1 egg
- 200g plain flour
- ½ tsp baking powder
- 150-250ml renal milk substitute
- Oil or unsalted butter to fry

**Method**
1. Put all ingredients in a large bowl and whisk together until creamy and gloopy. (The thicker the mixture, the thicker the pancake) Heat a little butter in a large frying pan over a medium heat.
2. Using a ladle or a jug, drop some pancake mixture into the pan until the pancake forms.
3. Allow to cook until lightly browned on the underside, then flip over and repeat on the other side.
4. Serve with a little squirt of lemon juice and a sprinkling of sugar, or maple syrup!

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**Oaty Cookies**

**Ingredients**
- 50g unsalted butter
- 50g rolled oats
- 50g soft brown sugar
- 50g self-raising flour
- 5 tbsp milk
- Pinch mixed spices, ginger and cinnamon

**Method**
1. Pre-heat oven to 180°C/160°C Fan/350°F/Gas 4 and lightly grease a baking tray or use grease-proof paper.
2. Cream the butter and sugar together in a large mixing bowl until light and fluffy.
3. Add oats, flour and spices and mix well.
4. Add the milk to form a soft dough.
5. Knead lightly and shape into balls.
6. Squish the balls on the prepared baking tray with your palms to flatten them to about 1cm thick.
7. Bake for 15-20 minutes. Keep an eye on them to make sure they aren’t over baked! Once golden, remove from the oven and leave to cool on the tray for 10 minutes.
**Ingredients**

1 egg
1 tbsp water
1 sheet puff pastry, thawed if frozen
50g chopped low potassium chocolate substitute
Flour for dusting

**Method**

1. Heat the oven to 180ºC/160ºC Fan/350ºF/Gas 4. Line 2 baking sheets with greaseproof paper.
2. Beat the egg and water in a small bowl with a fork and set aside.
3. Lightly flour your work surface. Unfold the pastry sheet then lightly dust the top with flour. Use a rolling pin to roll the sheet into a 16-inch square.
4. Cut the pastry square in half, then cut each half into 4 rectangles (making 8).
5. Now, cut each rectangle diagonally into 2 triangles (making 16).
6. Chop the low potassium chocolate substitute into small chips and place about 2 teaspoons down the centre.
7. Starting at the wider end, roll each triangle up. Place each croissant seam-side down so that the tip of the triangle is tucked under the rolled croissant. Then bend in the edges, creating a crescent shape.
8. Lightly brush the tops of the croissants with the egg wash and bake for 20-25 minutes or until they are golden brown.
9. You can eat these hot or cold once cooked, although warmed through gives a nice gooey ‘chocolatey’ centre!
Mockolate Chip Cookies

Ingredients
- 225g unsalted butter (at room temperature)
- 110g caster sugar
- 275g plain flour
- 100g low potassium chocolate substitute, chopped into chips

Method
1. Preheat oven to 100ºC/80ºC Fan/210ºF.
2. Using a mixer, combine all ingredients and beat until stiff peaks form.
3. Spoon onto a foil covered baking tray, or pipe them to make them look pretty!
4. Bake in the oven for 2 hours. Keep an eye on them, making sure they don’t burn. Turn the oven off, and leave the kisses in the oven for at least another 2 hours, or overnight, to cool.
5. Once completely cool, carefully peel off foil and store in an airtight container.

Tip
Try melting some low potassium chocolate substitute and drizzle over the top!

Meringue Kisses

Ingredients
- 4 egg whites
- 1 tbsp vanilla essence
- 225g caster sugar

Method
1. Preheat oven to 100ºC/80ºC Fan/210ºF.
2. Using a mixer, combine all ingredients and beat until stiff peaks form.
3. Spoon onto a foil covered baking tray, or pipe them to make them look pretty!
4. Bake in the oven for 2 hours. Keep an eye on them, making sure they don’t burn. Turn the oven off, and leave the kisses in the oven for at least another 2 hours, or overnight, to cool.
5. Once completely cool, carefully peel off foil and store in an airtight container.

Tip
You can sandwich these together with cream or top with a melted low potassium chocolate substitute.
Popcorn Balls

**Ingredients**
- 50g unsalted butter
- 150g marshmallows
- 1-2 drops of vanilla extract
- 90g unsalted, popped popcorn

**Method**
1. Pre-heat the oven to 180ºC/160ºC Fan/350ºF/Gas 4.
2. Grease a 20cm/8inch square cake tin with some of the sunflower oil.
3. In a bowl sift together the flour and sugar.
4. Add the melted low potassium chocolate substitute, oil, milk or renal milk substitute and vanilla extract, and mix carefully together until completely mixed. Allow to cool then mix in the chopped low potassium chocolate substitute.
5. Pour into the tin, and bake for about 25 minutes, until the brownies spring back when gently pressed.
6. Leave to cool for five minutes, then turn out onto a wire rack. Once cooled, cut into 12.

*Tip*
Press the mixture into a greased baking tray, drizzle with a low potassium chocolate substitute and once cooled, cut into bars instead of balls.

Mockolate Brownies

**Ingredients**
- 170g self-raising flour
- 200g melted low potassium chocolate substitute
- 50g chopped low potassium chocolate substitute
- 170g caster sugar
- 5 tbsp sunflower oil, extra for greasing
- 230ml semi-skimmed/renal milk substitute
- 1 tsp vanilla extract

**Method**
1. Pre-heat the oven to 180ºC/160ºC Fan/350ºF/Gas 4.
2. Grease a 20cm/8inch square cake tin with some of the sunflower oil.
3. In a bowl sift together the flour and sugar.
4. Add the melted low potassium chocolate substitute, oil, milk or renal milk substitute and vanilla extract, and mix carefully together until completely mixed. Allow to cool then mix in the chopped low potassium chocolate substitute.
5. Pour into the tin, and bake for about 25 minutes, until the brownies spring back when gently pressed.
6. Leave to cool for five minutes, then turn out onto a wire rack. Once cooled, cut into 12.

*Tip*
Reduce potassium and phosphorus by using a renal milk substitute. Ask a Dietitian for information.
**Chewy Marshmallow Munch Bars**

**Ingredients**
- 100g butter
- 100g bag marshmallows (2 handfuls kept to the side)
- 250g Rice Krispies

**Method**
1. Preheat oven to 180ºC/160ºC Fan/350ºF/Gas 4.
2. In a large bowl, cream together the butter and sugar.
3. Add the golden syrup and dry ingredients and beat to combine.
4. Once everything is combined, using your hands (make sure they are clean!) roll the mixture out into little balls, keeping each even in size.
5. Place 3cm apart on a greased baking tray and lightly press down using a fork.
6. Bake in the oven for 15 minutes or until golden brown.

**Generously Gingery Cookies**

**Ingredients**
- 100g unsalted butter, room temperature
- 175g soft brown sugar
- 120ml golden syrup
- 350g plain flour
- 15g ground ginger
- 5g bicarbonate of soda

**Method**
1. Preheat oven to 180ºC/160ºC Fan/350ºF/Gas 4.
2. In a large bowl, cream together the butter and sugar.
3. Add the golden syrup and dry ingredients and beat to combine.
4. Once everything is combined, using your hands (make sure they are clean!) roll the mixture out into little balls, keeping each even in size.
5. Place 3cm apart on a greased baking tray and lightly press down using a fork.
6. Bake in the oven for 15 minutes or until golden brown.
No Milk Creamy Rice Pudding

Ingredients
- 40g unsalted butter
- 100g pudding rice or risotto rice
- 75g caster sugar
- 568ml (1 pint) water
- 568ml (1 pint) double cream
- 1 tsp vanilla extract or ½ vanilla pod, split lengthways
- Plenty of freshly grated nutmeg

Method
1. Preheat the oven to 200ºC/180ºC Fan/390ºF/Gas 5.
2. Wash the apples and remove the cores.
3. With a sharp knife, slit the skin all around the apple, just above the middle.
4. Stand the apples in a baking tray, then pour a tablespoon of syrup over each apple followed by half a teaspoon of cinnamon.
5. Pour in the water around the apples (this helps to steam and soften the apples) and bake for approximately 40-45 minutes (depending on the size of the apples).
6. Test with a knife to make sure the centre of the apple is cooked, it should be soft!
7. Allow to cool a little, then serve up and enjoy!

Serves 4

Baked Apple with Cinnamon

Ingredients
- 4 eating apples
- 4 tbsp syrup (maple or golden)
- 2 tsp cinnamon
- 100ml water
- 1 tsp vanilla extract or ½ vanilla pod, split lengthways
- Plenty of freshly grated nutmeg

Method
1. Preheat the oven to 200ºC/180ºC Fan/390ºF/Gas 5.
2. Wash the apples and remove the cores.
3. With a sharp knife, slit the skin all around the apple, just above the middle.
4. Stand the apples in a baking tray, then pour a tablespoon of syrup over each apple followed by half a teaspoon of cinnamon.
5. Pour in the water around the apples (this helps to steam and soften the apples) and bake for approximately 40-45 minutes (depending on the size of the apples).
6. Test with a knife to make sure the centre of the apple is cooked, it should be soft!
7. Allow to cool a little, then serve up and enjoy!

Tip: Serve with some more syrup or cream.
**Jelly Baby Surprise**

**Ingredients**
- 1 pack strawberry jelly (block not powder)
- 200ml double cream
- 1 pack jelly babies

**Method**
1. Make up the strawberry jelly as directed on the packet, using 200ml less water than recommended.
2. Add 200ml double cream once the jelly mixture is a bit cooler. Stir well until blended.
3. Pour into bowls and add a jelly baby to each, ensuring it is covered by the jelly mixture. Then leave the jelly to set in the fridge.
4. Once set, add another jelly baby to the top. Enjoy!

**Tip**
Try using different flavoured jellies and alternative jelly sweets.

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**Peach Meringue Mess and Cream**

**Ingredients**
- 1 tin of peaches, in syrup / water chopped. Don’t use peaches in juice, the potassium content is higher
- 250ml whipping cream
- 1 tsp vanilla essence
- Meringue nests, crushed for sprinkling

**Method**
1. Drain the peaches and drain all liquid.
2. In a bowl, pour out the whipping cream and add the vanilla essence. Using an electric whisk, mix the cream mixture until it forms stiff peaks.
3. Now layer up cream with chopped peaches whole meringue nest, or crunch up your meringues and mix into a delicious mess!
**Strawberry Freeze Pops**

**Ingredients**
- 100ml natural Greek yoghurt
- 100ml single cream
- 50g strawberry jam

**Method**
1. Mix all the ingredients together well with a whisk.
2. Spoon into ice lolly moulds.
3. Pop the lids on with the lolly stick handles and leave in the freezer until set.

**Makes** 6 small pops

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**Milky Ice Lollies**

**Ingredients**
- 40ml chocolate/strawberry/banana milkshake syrup
- 200ml renal milk substitute
- 50ml single cream
- 25g low potassium chocolate substitute, melted and left to cool
- Sugar strands or hundreds and thousands

**Method**
1. Mix all the ingredients together well with a whisk.
2. Spoon into ice lolly moulds.
3. Pop the lids on with the lolly stick handles and leave in the freezer until set.
4. Once frozen, remove the lollies from their moulds and dip the ends into a cooled, melted low potassium chocolate substitute. You can then sprinkle the ends with sugar strands or hundreds and thousands.
5. Return to the freezer.

**Makes** 6 Lollies