



Lemonade scones

Prep: 10 mins • Cook: 10-12 mins • Serves: 12

This low potassium afternoon tea is ideal for a special occasion or treat.

Ingredients

450g self-raising flour
250ml lemonade
250ml double cream

To serve:

480g clotted cream
240g jam

Carbohydrate The lemonade, flour and jam are the main sources of carbohydrate in this dish. The carbohydrate values have been provided for those who have trained in insulin adjustment.

Phosphate/potassium Most of the phosphate comes from the self-raising flour. If you have been prescribed a phosphate binder ensure you take them with this dish. All of these scone ingredients are low in potassium.

Protein This recipe is low in protein and makes a suitable treat for those following a low protein diet.

Special diets

Gluten free: Use gluten free self-raising flour.

Healthier option If you want to reduce the amount of sugar and fat you eat, use diet lemonade, keep the portion of jam small and switch the clotted cream for an alternative such as low fat crème fraiche or margarine. You could also try making the recipe with half wholemeal self-raising flour.

Storage Once cooled, store in an airtight container in the fridge and eat within three days. If you prefer to freeze the scones just wrap them individually and freeze for up to three months. Defrost thoroughly before eating.

Tips The less you handle the dough, the fluffier the scones will be! Don't twist the cutter, instead press straight down and avoid touching the sides when you transfer them to a baking tray, If the edges smear they don't rise as well.

To avoid overindulging you could halve the recipe to make six scones.

Special occasion

Vegetarian

	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
45.7g	Carbohydrate	524Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Chef Paul Ripley

There are only three ingredients in this scone recipe and they will be the quickest, fluffiest you will ever make!



1

Pre heat the oven to 200C /gas mark 6. Mix all the ingredients in a bowl to make a dough.



2

Knead briefly then tip on to a floured surface and use your hands to pat the dough out to about a 3cm depth. Cut out 12 scones using a standard round cutter and place on a greased or lined baking tray.



3

Bake in the oven for 10-12 minutes until brown and risen.



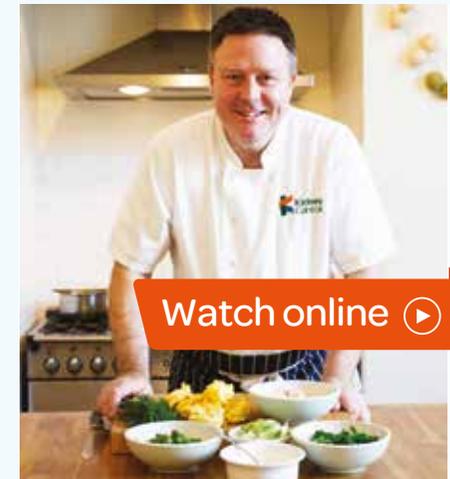
4

Serve one scone per person with one tablespoon of your favourite jam and two tablespoons of clotted cream.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Watch online

Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

Get in touch with Kidney Care UK

info@kidneycareuk.org

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

kidneycareuk.org [@kidneycareuk](https://www.instagram.com/kidneycareuk) [@kidneycareuk](https://twitter.com/kidneycareuk)