

Renastep™ Quick Recipe Ideas for Adults with Kidney Disease



Renastep™ is a ready to use, high energy oral nutritional supplement specifically designed for the dietary management of kidney disease. Renastep has a vanilla flavour and can be taken as a drink. It can also be mixed with other ingredients to make other drink options. The following recipes are ideas showing how you can use Renastep to make different flavoured drink options and quick recipes.

It is important to always check with your dietitian regarding which drink and recipe ideas are suitable for you.

Renastep Quick Drink Recipes

How do you make the drink recipes?

Each drink idea uses 125ml (1 bottle) of Renastep and makes 1 serving. The additional ingredients are simply mixed together with Renastep. A hand whisk can be used to make the drink frothy if desired.



Chocolate Daydream

Ingredients

125ml (1 bottle) Renastep
1½ tsp suitable chocolate flavoured milkshake powder*

Top tip

Mix the chocolate flavoured milkshake powder with a small amount of Renastep to form a smooth paste and then stir in the rest of the Renastep.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	273	208
Protein	g	5.4	4.1
Sodium	mg/mmol	117 / 5.0	89 / 3.8
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.4	33 / 1.1
Calcium	mg/mmol	59 / 1.5	45 / 1.1

* Ask your Dietitian about which products are suitable.



Strawberry Delight

Ingredients

125ml (1 bottle) Renastep
2 tsp suitable strawberry flavoured milkshake powder*

Top tip

Mix the milkshake powder with a small amount of Renastep to form a smooth paste and then stir in the rest of the Renastep.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	281	211
Protein	g	5.0	3.8
Sodium	mg/mmol	115 / 4.9	86 / 3.7
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.1	33 / 1.1
Calcium	mg/mmol	59 / 1.5	44 / 1.1

* Ask your Dietitian about which products are suitable.



Raspberry Shake

Ingredients

125ml (1 bottle) Renastep
3 tsp suitable raspberry milkshake syrup*

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	251	183
Protein	g	5.0	3.65
Sodium	mg/mmol	109 / 4.7	80 / 3.4
Potassium	mg/mmol	44 / 1.1	32 / 0.8
Phosphorus	mg/mmol	44 / 1.4	32 / 1.0
Calcium	mg/mmol	59 / 1.5	43 / 1.1

* Ask your Dietitian about which products are suitable.



Blueberry Shake

Ingredients

125ml (1 bottle) Renastep
3 tsp suitable blueberry milkshake syrup*

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	260	190
Protein	g	5.0	3.7
Sodium	mg/mmol	109 / 4.7	80 / 3.4
Potassium	mg/mmol	44 / 1.1	32 / 0.8
Phosphorus	mg/mmol	44 / 1.4	32 / 1.0
Calcium	mg/mmol	59 / 1.5	43 / 1.1

* Ask your Dietitian about which products are suitable.



Hot Chocolate Delight

Ingredients

125ml (1 bottle) Renastep
1 tsp drinking chocolate*
1 tsp sugar

Method

Heat all the ingredients in a small saucepan but do not boil. Stir continuously until the drinking chocolate and sugar has dissolved.

* Ask your Dietitian about which products are suitable.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	281	211
Protein	g	5.3	4.0
Sodium	mg/mmol	114 / 4.9	86 / 3.7
Potassium	mg/mmol	64 / 1.6	48 / 1.2
Phosphorus	mg/mmol	52 / 1.6	39 / 1.2
Calcium	mg/mmol	61 / 1.5	46 / 1.2

You will find more recipes for those with kidney disease on www.myrenalnutrition.com



Other Renastep Recipes Ideas

Here are 3 recipes using Renastep - why not give them a try?



Mandarin and Pineapple Smoothie

Ingredients

125ml (1 bottle) Renastep
35g tinned, drained mandarin segments
50g tinned, drained pineapple
1 tsp sugar

Method

Place all the ingredients in a blender and blend until smooth.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	300	140
Protein	g	5.4	2.5
Sodium	mg/mmol	108 / 4.6	50 / 2.2
Potassium	mg/mmol	109 / 2.7	51 / 1.3
Phosphorus	mg/mmol	51 / 1.6	24 / 0.8
Calcium	mg/mmol	69 / 1.7	32 / 0.8

* Ask your Dietitian about which products are suitable.



Caramel and Vanilla Winter Warmer

Ingredients

125ml (1 bottle) Renastep
1½ tsp suitable caramel flavoured milkshake syrup*
½ tsp suitable vanilla flavoured milkshake syrup*

Method

Heat Renastep in a small saucepan until warm. Add the syrups and stir (or whisk).

Top tip

Try cold for a refreshing alternative.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	269	202
Protein	g	5.0	3.76
Sodium	mg/mmol	109 / 4.7	82 / 3.5
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.4	33 / 1.1
Calcium	mg/mmol	59 / 1.5	44 / 1.1

* Ask your Dietitian about which products are suitable.



Quick Vanilla & Blueberry Porridge

Ingredients

1 x 27g sachet of microwave porridge
125ml Renastep™ (1 bottle)
1 tsp dried blueberries
1 large strawberry, finely sliced
Water (as per the microwave porridge instructions)

Method

1. Empty the sachet of porridge into cereal bowl which is suitable for use in a microwave.
2. Pour the Renastep into the porridge. Depending on the manufacturers instructions, pour additional water into the bowl to meet the recommended amount. For example if 180mls of water are recommended, pour 55mls of water into the bowl and stir.
3. Place the mixture into the microwave for about 1½ - 2 minutes. Pause the heating at regular intervals and stir. The porridge can also be cooked in a pan on a hob, stirring continuously.
4. Once cooked, add the dried blueberries and sliced strawberry. Allow to cool and serve.

Nutritional Information

Nutrient		per portion	per 100ml
Energy	kcal	273	208
Protein	g	5.4	4.1
Sodium	mg/mmol	117 / 5.0	89 / 3.8
Potassium	mg/mmol	44 / 1.1	33 / 0.8
Phosphorus	mg/mmol	44 / 1.4	33 / 1.1
Calcium	mg/mmol	59 / 1.5	45 / 1.1



Tuna Pasta Bake

Ingredients

- 125ml Renastep™ (1 bottle)
- 150g penne pasta
- 90g full fat soft cheese
- 80g tinned tuna (in oil), drained
- 140g frozen sweetcorn
- ½ tsp oregano
- ½ tsp dried basil
- 10g mature cheddar, grated

Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	597	200
Protein	g	26.6	8.9
Sodium	mg/mmol	355 / 15.2	119 / 5.1
Potassium	mg/mmol	477 / 11.9	160 / 4.0
Phosphorus	mg/mmol	348 / 11.1	117 / 3.7
Calcium	mg/mmol	143 / 3.6	48 / 1.2

Method

1. Preheat the oven to 160°C/140°C Fan/Gas Mark 3.
2. Cook the pasta in a large pan of boiling water according to packet instructions.
3. Whilst the pasta is cooking, place the soft cream cheese and Renastep into a saucepan and heat gently until the cream cheese has melted.
4. Add the tuna and sweetcorn to the saucepan and heat through. Season with oregano and basil.
5. Drain the pasta and toss together with the mixture. Spoon into a warmed oven proof dish and sprinkle with the grated cheese. Place in the oven for 20 minutes until golden.



Pancakes

Ingredients

- 250ml Renastep™ (2 bottles)
- 1 egg
- 100g plain flour
- ½ tsp vanilla extract
- sunflower oil

Nutritional Information

Nutrient		per portion	per 100ml
Calories	kcal	431	144
Protein	g	8.9	3.0
Sodium	mg/mmol	108 / 4.7	36 / 1.6
Potassium	mg/mmol	257 / 6.4	86 / 2.1
Phosphorus	mg/mmol	160 / 5.1	54 / 1.7
Calcium	mg/mmol	90 / 2.3	30 / 0.8

Method

1. Place the Renastep, egg, plain flour and vanilla extract into a bowl and mix thoroughly.
2. Heat a frying pan or crepe pan on a medium heat and add 1 tsp of sunflower oil to the pan.
3. When heated, pour ⅓ of the batter into the pan and cook for 1-2 minutes on each side until golden.
4. Repeat this step until all of the batter is used.

Renastep is a food for special medical purposes and must be used under medical supervision.

Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Regular monitoring of nutritional status and electrolyte levels is required. Renastep contains **milk** and **fish**. These recipes have been specifically designed for the dietary management of kidney disease and have been analysed using Nutrizen dietary analysis software. Refer to labels for allergen and other product information.



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