



CINNAMON-ALMOND NEPRO SMOOTHIE

INGREDIENTS

1 bottle of Nepro® Carb Steady™ Vanilla (237ml bottle)

1 teaspoon sugar

1 teaspoon cinnamon

2 drops of almond extract (or essence)

1/4 cup pears from a can (packed in water), drained

2 ice cubes

PREPARATION: 2 MINUTES

1 SERVING

PREPARATION

- 1 Place Nepro®, sugar, cinnamon, almond extract and pears in a blender and mix until smooth.
- 2 Add ice cubes and continue to blend until thick and frothy.
- 3 Pour into a tall glass and serve.

Notes: *Almond extract is a pure, natural product made from the oil of bitter almonds. Almond essence is made using artificial flavourings and is therefore cheaper.*

Nepro® Carb Steady™ is specialized nutrition designed to meet the nutrient needs of people on dialysis. It can be used as a nutritious snack, a supplement or a sole source of nutrition.

SUGGESTION

For extra creamy results, put the Nepro® bottle in the freezer at least 1 hour before use.

Nutrient Analysis

PER SERVING (1 cup)

Renal exchange:

2 Protein + 3 Starch

Calories	465Kcal
Protein	19g
Carbohydrates	49g
Fibre	3g
Total Fat	23g
Saturated Fat	2g
Cholesterol	7mg
Sodium	252mg
Potassium	294mg
Phosphorus	177mg