

PREPARATION: 10 MINUTES

2 SERVINGS

TROPICAL MOCKTAIL

INGREDIENTS

½ cup ripe pineapple,
cut into cubes

½ cup mango, cut into cubes

1 tablespoon fresh lime juice

¼ teaspoon vanilla extract

½ cup crushed ice

2 tablespoons crushed ice

1 cup sparkling water
(low sodium)



PREPARATION

- 1 Combine pineapple, mango, lime juice, vanilla extract and ½ cup crushed ice in a blender.
- 2 Puree until smooth.
- 3 Fill each glass with half of the fruit mix and add ½ cup of sparkling water. Stir and garnish with 1 tablespoon of crushed ice and a slice of lime.

Tip: Add a tablespoon of rum to each glass to make it a cocktail!

Nutrient Analysis

PER SERVING:

1 drink (½ of recipe)

RENAL EXCHANGE:

1 Fruit

Calories **51Kcal**

Protein **0.6g**

Carbohydrates **13g**

Fibre **1g**

Total Fat **0.2g**

Saturated Fat **0g**

Cholesterol **0mg**

Sodium **1mg**

Potassium **131mg**

Phosphorus **11mg**