

# PROZERO™

Chocolate flavour



## HOT 'CHOCOLATE'

RECIPES FOR THOSE WITH KIDNEY DISEASE



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# HOT 'CHOCOLATE'

PREPARATION  
TIME:

10  
minutes

COOKING  
TIME:

5  
minutes

RECIPE  
MAKES:

1  
drink

## INGREDIENTS

250ml ProZero™ Chocolate flavour

6 mini marshmallows

10g dairy spray cream

## METHOD

1. Pour the ProZero Chocolate flavour into a saucepan and heat to a suitable temperature for a warm drink. Once warm, pour into a cup or heatproof glass.
2. Top with 6 mini marshmallows and spray cream.

## NUTRITIONAL INFORMATION\*

Nutrient		per portion	per 100ml
<b>Calories</b>	kcal	213	81
<b>Protein</b>	g	0.3	0.1
<b>Sodium</b>	mg/mmol	49 / 2.1	19 / 0.8
<b>Potassium</b>	mg/mmol	53 / 1.3	20 / 0.5
<b>Phosphorus</b>	mg/mmol	18 / 0.6	7.0 / 0.2
<b>Calcium</b>	mg/mmol	21 / 0.5	8.0 / 0.2

(\*Nutritional analysis includes the mini marshmallows and dairy spray cream but not the chocolate shavings on the topping as per the recipe picture).

Always check with your dietitian or doctor that this recipe is suitable for you.

ProZero Chocolate flavour is a Food for Special Medical Purposes and must be used under medical supervision. ProZero Chocolate flavour is suitable from 3 years of age onwards and must only be given to patients with inborn errors of protein metabolism or kidney disease under strict medical supervision. ProZero Chocolate flavour contains **milk** products.

Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimen dietary analysis software.

## DIETITIAN'S NOTES

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