



**PROZERO™**

Quick Drink Ideas

Tailored to those with  
**kidney disease**

ProZero™ is a protein free, liquid blend of carbohydrate and fat for use in the dietary management of kidney disease. It is suitable from 6 months of age.

These recipes have been specifically designed for the dietary management of kidney disease and have been analysed using Nutrimer dietary analysis software.

# How do you make the recipes?

A blender or hand blender and a bowl will be needed to make the smoothie recipes.

## Method

The smoothie recipes can be prepared using the following method:

1. Place all the ingredients into a blender or bowl.
2. Blend all the ingredients until a smooth consistency has been achieved using the blender or hand blender.
3. Serve in a glass.

## Top tip:

ProZero™ whipping 'cream' can be added to any of the recipes to make a thick 'milkshake' drink.



# PROZERO™

## Quick Drink Ideas Tailored to those with **kidney disease**

Check with your dietitian or doctor that these drink ideas are suitable for you.



### Raspberry Smoothie

#### INGREDIENTS:

- 100ml ProZero™
- 2 tsp raspberry flavoured drink syrup\*
- 45g fresh raspberries
- 1 tsp sugar

NUTRIENT		PER PORTION*	PER 100ML
<b>Energy</b>	kcal	95	60
<b>Protein</b>	g	0.6	0.4
<b>Sodium</b>	mg / mmol	37 / 1.6	24 / 1.0
<b>Potassium</b>	mg / mmol	87 / 2.2	56 / 1.4
<b>Phosphorus</b>	mg / mmol	16 / 0.5	10 / 0.3

\* Your Dietitian will advise you on which options are suitable.

### Peach Smoothie

#### INGREDIENTS:

- 100ml ProZero™
- 70g tinned, drained peaches
- 1 ice cube
- 1 tsp sugar
- 15g fresh raspberries (optional)

NUTRIENT		PER PORTION*	PER 100ML*
<b>Energy</b>	kcal	114	60
<b>Protein</b>	g	0.6	0.3
<b>Sodium</b>	mg / mmol	48 / 1.8	22 / 0.95
<b>Potassium</b>	mg / mmol	155 / 3.9	82 / 2.0
<b>Phosphorus</b>	mg / mmol	20 / 0.6	11 / 0.3

\* The nutritional analysis includes 15g raspberries.



# Flavoured Shake

## INGREDIENTS:

- 100ml ProZero™
- 2 tsp flavoured syrup (e.g. caramel\*)

## METHOD:

1. Simply mix the flavoured syrup with ProZero™.

NUTRIENT		PER PORTION
<b>Energy</b>	kcal	92
<b>Protein</b>	g	0
<b>Sodium</b>	mg / mmol	34 / 1.5
<b>Potassium</b>	mg / mmol	10 / 0.2
<b>Phosphorus</b>	mg / mmol	2 / 0.1

\* Your Dietitian will advise you on which options are suitable.



# Hot Chocolate

## INGREDIENTS:

- 100ml ProZero™
- 1 tsp drinking chocolate
- 1 tsp sugar

## METHOD:

- Heat the ProZero™ in a small saucepan to a suitable temperature for a warm drink.
- Add the drinking chocolate and sugar and stir until dissolved.

NUTRIENT		PER PORTION	PER 100ML
<b>Energy</b>	kcal	94	88
<b>Protein</b>	g	0.2	0.2
<b>Sodium</b>	mg / mmol	40 / 1.7	37 / 1.6
<b>Potassium</b>	mg / mmol	25 / 0.6	23 / 0.6
<b>Phosphorus</b>	mg / mmol	8 / 0.3	7 / 0.2



# Mandarin & Mango Smoothie

## INGREDIENTS:

- 100ml of ProZero™
- 25g tinned, drained mandarin segments
- 40g tinned, drained mango slices
- 1 ice cube
- 1 tsp sugar

NUTRIENT		PER PORTION	PER 100ML
<b>Energy</b>	kcal	106	63
<b>Protein</b>	g	0.4	0.2
<b>Sodium</b>	mg / mmol	35 / 1.5	21 / 0.9
<b>Potassium</b>	mg / mmol	80 / 2.0	47 / 1.2
<b>Phosphorus</b>	mg / mmol	10 / 0.3	6 / 0.2



# Whipping 'Cream'

**Refridgeration time:** 2 hours in the refrigerator

**Recipe makes:** 1 portion

## INGREDIENTS:

- 50ml ProZero™
- 10g unsalted butter
- 3g (1 tsp) cornflour

## METHOD:

1. Place ProZero™, butter and the cornflour in a microwave safe bowl. Stir and place on full power in the microwave for 1 minute.

2. Remove from the microwave (be careful as the bowl may be hot!), stir and cover the bowl. Allow to cool and chill in the fridge for 2 hours.

NUTRIENT		PER PORTION
<b>Energy</b>	kcal	110
<b>Protein</b>	g	0.1
<b>Sodium</b>	mg / mmol	17 / 0.7
<b>Potassium</b>	mg / mmol	8.0 / 0.2
<b>Phosphorus</b>	mg / mmol	3.0 / 0.1

# Pineapple Smoothie

## INGREDIENTS:

- 100ml ProZero™
- 90g tinned, drained pineapple
- 1 tbsp double cream
- 1 tsp sugar

NUTRIENT		PER PORTION	PER 100ML
<b>Energy</b>	kcal	199	95
<b>Protein</b>	g	0.5	0.2
<b>Sodium</b>	mg / mmol	37 / 1.6	18 / 0.8
<b>Potassium</b>	mg / mmol	84 / 2.1	40 / 1.0
<b>Phosphorus</b>	mg / mmol	14 / 0.5	7 / 0.2



# Mandarin & Pineapple Smoothie

## INGREDIENTS:

- 100ml ProZero™
- 35g tinned, drained mandarin segments
- 50g tinned, drained pineapple
- 1 tsp sugar

NUTRIENT		PER PORTION	PER 100ML
<b>Energy</b>	kcal	117	62
<b>Protein</b>	g	0.4	0.2
<b>Sodium</b>	mg / mmol	36 / 1.5	19 / 0.8
<b>Potassium</b>	mg / mmol	75 / 1.9	40 / 1.0
<b>Phosphorus</b>	mg / mmol	9 / 0.3	5 / 0.2



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All information correct at the time of print

ProZero™ is a Food for Special Medical Purposes and must be used under medical supervision.  
Refer to labels for allergen and other product information. ProZero contains **Milk**.