



*Delicious!*

PREPARATION: 10 MINUTES | SERVINGS: 8

# NO-BAKE ENERGY BITES

## INGREDIENTS

½ cup peanut butter\*

½ cup honey

1 teaspoon vanilla extract

¼ cup ground flax

2 cups rice crisp cereal

\*Choose low-sodium peanut butter to lower the overall sodium content of the recipe.

## PREPARATION

- 1** In a microwave safe bowl, add peanut butter, honey and vanilla. Microwave for 30 seconds.
- 2** Add ground flax and rice crisp cereal to the melted peanut butter mixture.
- 3** Mix all ingredients well to combine.
- 4** Chill rice crisp mixture for 10 minutes in the freezer.
- 5** Roll into 16 balls.
- 6** Cover and place in a serving container. Refrigerate.



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## Nutrient Analysis

<b>PER SERVING</b>	
2 Balls	
<b>Renal/Diabetic exchanges:</b>	
2 Starch + 2 Fat	
Calories	<b>207Kcal</b>
Protein	<b>5g</b>
Total Carbohydrate	<b>28g</b>
Fiber	<b>2g</b>
Sugars	<b>20g</b>
Fat	<b>10g</b>
Saturated	<b>2g</b>
Cholesterol	<b>0mg</b>
Sodium	<b>107mg</b>
Potassium	<b>138mg</b>
Phosphorus	<b>84mg</b>
Calcium	<b>18mg</b>
Iron	<b>4mg</b>
Magnesium	<b>44mg</b>
Vitamin C	<b>5mg</b>

## Diet Types

- |                                                      |                                                       |
|------------------------------------------------------|-------------------------------------------------------|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK ✓

# Peanut butter and nut butters

Eating the right amount of protein is very important when you have chronic kidney disease (CKD). During the earlier stages of CKD, it is common to limit the amount of protein in your diet. However, for those who require dialysis, a higher protein diet is needed. Dialysis patients often find it challenging to eat all of the recommended protein. Peanut butter and other nut butters such as almond or cashew butter can add protein to your diet. These however can be higher in potassium, phosphorus and even sodium than other protein sources, so ask your registered dietitian how much is right for you.

Once you know how much nut butter you can include in your diet, it can be added in a variety of ways. You can find peanut butter and other nut butters without added salt. Choose these lower-sodium options whenever they are available. Spread them on your toast in the morning. For snacking, nut butters can be a flavorful topping for low-sodium crackers or celery. Mix peanut butter with a little bit of yogurt and honey and add a pinch of cinnamon to create a delicious dip for sliced apples or pears.

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