



BOOST YOUR ENERGY DRINK

INGREDIENTS

1/2 cup vanilla-flavoured non-dairy rice beverage

1/3 cup pasteurized liquid eggs

1/4 cup strawberries, sliced

1 tablespoon oats

1 tablespoon vegetable oil

2 tablespoons honey

PREPARATION: 10 MINUTES

1 SERVING

PREPARATION

- 1 Place all ingredients in a blender.
- 2 Mix until smooth.
- 3 Serve immediately.

FOR A VARIATION :

- Replace the strawberries with 1/2 cup of blueberries.
- To get a chocolate drink, replace fruit with 1 tablespoon chocolate powder.
- **If you are diabetic**, reduce the amount of honey to 2 teaspoons.
Count 2 Starch + 1 Protein

Note: *This nutritious drink provides you with protein and calories on days when your appetite is not great!*

Nutrient Analysis

PER SERVING (1 cup)

Renal exchange:
2 Protein

Calories	412kcal
Protein	12g
Carbohydrates	59g
Fibre	2.6g
Total Fat	16g
Saturated Fat	1.6g
Cholesterol	0mg
Sodium	170mg
Potassium	155mg
Phosphorus	160mg