



KIDNEY-FRIENDLY

Cream Cheese Veggie Toast

Makes 1 serving



DIRECTIONS

Toast bread and spread cream cheese evenly onto toast.

Top with sliced veggies.

Add seasoning, drizzle with olive oil, and top with fresh squeezed lemon juice.

Enjoy!

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INGREDIENTS

- 1 slice whole grain bread**
- 1 tbsp whipped cream cheese, plain**
- 1 mini cucumber, sliced**
- 1 mini sweet pepper, sliced**
- 4 thin slices of red onion**
- 1 tsp olive oil**
- 1 lemon wedge, for squeezing**
- Optional: Everything but the bagel seasoning, no salt added**

Nutrition Facts Per Serving (1 slice)	Calories	219
	Carbohydrates	27 g
	Protein	8 g
	Total Fat	9 g
	Phosphorus	123 mg
	Potassium	264 mg
	Sodium	128 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

March 
into **Kidney Health**