



KIDNEY-FRIENDLY & HEART-HEALTHY

Creamy Cauliflower Soup

Makes 4 servings



DIRECTIONS

Heat the oil in a large pot and add the garlic and onion. Cook over medium-high heat until golden brown.

Add cauliflower, broth, and milk, and bring it to a boil. Then cook over medium-high heat for about 15 to 20 minutes or until the cauliflower is soft.

Add black pepper and nutritional yeast, and blend using an immersion or a regular blender.

Top with fresh chopped chives.

Enjoy!

INGREDIENTS

2 Tbsp olive oil

4 garlic cloves, finely chopped

½ onion, chopped

1 head cauliflower, cut into florets

2 cups vegetable broth, low sodium

1 cup almond milk, unsweetened

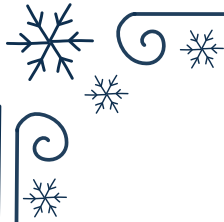
Black pepper to taste

4 Tbsp nutritional yeast

Optional garnish: fresh chopped chives

Nutrition Facts Per Serving (1 cup)	Calories	132
	Carbohydrates	11 g
	Protein	5 g
	Total Fat	8 g
	Phosphorus	91 mg
	Potassium	490 mg
	Sodium	149 mg

The recipes contained here are for educational purposes to promote a healthy 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 health condition, 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.



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Spiced Nuts

Makes 16 servings



INGREDIENTS

- 1 large egg white**
- 1 Tbsp water**
- 2 cups raw mixed nuts (walnuts, almonds, cashews)**
- 2 Tbsp pure maple syrup**
- 2 tsp ground cinnamon**
- 1 tsp ground ginger**
- ½ tsp ground allspice**
- ½ teaspoon ground chipotle powder**

DIRECTIONS

Preheat oven to 250°F. Line a large baking sheet with parchment paper.

In a bowl, whisk egg white and water until frothy. Add raw nuts and mix until they are coated. Let the nuts sit for 5 minutes. Then, stir in maple syrup.

In another bowl, mix cinnamon, ginger, allspice and ground chipotle. Sprinkle this mixture over the nuts and stir to coat them evenly. Spread the nuts in a single layer on the baking sheet.

Bake for 35 to 40 minutes stirring every 10 to 15 minutes until toasted and dry. Allow them to cool completely on the baking sheet for about 30 minutes.

Enjoy!

Nutrition Facts Per Serving (2 Tbsp)	Calories	87
	Carbohydrates	4 g
	Protein	2 g
	Total Fat	7 g
	Phosphorus	65 mg
	Potassium	13 mg
	Sodium	3 mg

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