

KIDNEY-FRIENDLY

Holiday Wreath Fruit Tray with Marshmallow Dip

Makes 6 servings



FRUIT TRAY INGREDIENTS

- 2 cups green grapes, removed from stem**
- 1 cup red grapes, removed from stem**
- 2 kiwis, peeled and sliced into rounds**
- 1 cup cut strawberries**
- 2-3 whole strawberries**
- ½ cup raspberries**
- Mint leaves and rosemary sprigs for garnish/decorating**

DIP INGREDIENTS

- 7 oz marshmallow creme**
- 8 oz cream cheese, softened**
- 1 tsp vanilla extract**

DIP DIRECTIONS

In a large bowl, blend marshmallow creme, cream cheese, and vanilla extract until creamy, about 2 to 3 minutes. Transfer to small serving bowl.

Place the bowl of prepared fruit dip in the center of a large, 13-inch circular platter.

BUILD A FRUIT WREATH

Place sprigs of mint and rosemary in a circle around the outside of the platter, pointing the stems towards the dip.

Layer the green grapes and sliced kiwi on top of the herbs. *TIP: Leave some herbs sticking out the sides to resemble “sprigs from a wreath.”*

Continue to layer the remaining fruit on top of the green grapes and kiwi. Be creative and let the red grapes, strawberries, and raspberries light up the tray. Serve with dip. Enjoy!

Nutrition Facts Per Serving		
(1 cup fruit with 2 Tbsp fruit dip)	Calories	170
	Carbohydrates	31 g
	Protein	2 g
	Total Fat	5 g
	Phosphorus	48 mg
	Potassium	289 mg
	Sodium	56 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.

HEALTHY
 FOR THE
HOLIDAYS