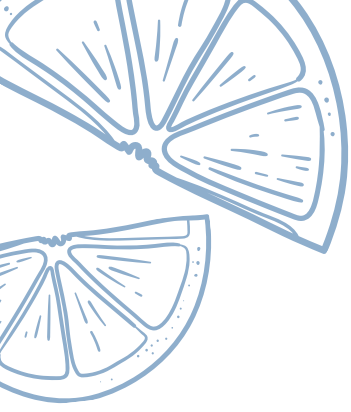




KIDNEY-FRIENDLY & HEART HEALTHY

Frosted Lemonade

Makes 2 servings



DIRECTIONS

Blend all ingredients, except the ice. Chill the lemon mixture if it's warm.

Before serving, crush the ice in the blender, then add the chilled lemon mixture and pulse until smooth and frosty.

Top with coconut whipped topping and enjoy!

INGREDIENTS

⅓ cup lemon juice, fresh squeezed

½ cup plain Greek yogurt, nonfat

1 cup coconut milk

2 tbsp honey

1 tsp vanilla extract

3 cups ice

2 tbsp coconut whipped topping

Nutrition Facts Per Serving (1 glass)		
	Calories	141
	Carbohydrates	23 g
	Protein	6 g
	Total Fat	3 g
	Phosphorus	94 mg
	Potassium	155 mg
	Sodium	28 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.

Sunny Days, 
Healthier Days.