



KIDNEY-FRIENDLY

Strawberry Splash

Makes 1 serving



INGREDIENTS

- 1/2 cup freeze-dried strawberries**
- 1/2 cup coconut milk, unsweetened**
- 1-12 oz can of strawberry flavored sparkling water, unsweetened**
- 1 cup of ice**

DIRECTIONS

Pour freeze-dried strawberries into glass.

Add sparkling water, stir, and let it sit for a few minutes.

Add ice to the glass and pour in coconut milk.

Stir well to combine.

Enjoy!

Nutrition Facts Per Serving (1 drink)	Calories	49
	Carbohydrates	7 g
	Protein	0 g
	Total Fat	2 g
	Phosphorus	7 mg
	Potassium	27 mg
	Sodium	19 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.