

Raspberry and passion fruit mousse

Prep: 30 mins • Cook: 2 hrs 30 mins • Serves: 6

This mousse makes a delicious occasional treat. However, as the eggs are not fully cooked, we do not recommend it for those who have received a transplant or take immune-suppressant medication.

Ingredients

| | |
|---------------------------------|--------------------------|
| 4 passion fruits (approx. 150g) | 75g caster sugar |
| 300g frozen raspberries | 300ml fresh double cream |
| 2 gelatine leaves | 2 tablespoons of water |
| 3 eggs | 12 sponge fingers |

Carbohydrate The main source of carbohydrate in this dish comes from the sugar. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium This dessert is low in potassium when following the quantities and serving sizes suggested, therefore can be enjoyed as an occasional treat when following a low potassium diet.

If you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein The eggs in this dish provide a reasonable amount of protein, therefore it may not be suitable if you are on a low protein diet.

Special diets

Gluten free: Use gluten free sponge fingers or plain sponge.

Vegetarian: Use a vegetarian gelatine substitute is used.

Healthier option If you want to reduce the amount of sugar or fat you eat consider replacing the sugar with an artificial sweetener and do not serve with the sponge finger or biscuit.

Cheaper option Frozen raspberries will be available all year round and are likely to be cheaper than fresh but fresh raspberries can also be used in this recipe.

Tips There is a lot of whisking in this recipe. To save your arms and speed it up, use an electric whisk if you have one.

Special occasion

Vegetarian

| | | | |
|---|---------------|---------|-------------|
| | Low phosphate | | Low protein |
| ✓ | Low potassium | ✓ | Low salt |
| 40g | Carbohydrate | 450Kcal | Energy |
| Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you. | | | |





Cooking in the kitchen with Chef Paul Ripley

This no cook mousse is very light with delicious, zingy fruit flavours. A lovely dessert for a get together or valentines meal.



1

Cut passion fruits in half and scoop out the pulp. Put pulp and 250g of the raspberries into a saucepan and gently heat until raspberries have softened. Whip the double cream and set aside.



2

Soak gelatine leaves in water for 5 mins to soften. Sieve the puree to remove all the seeds and allow to cool slightly. Stir the gelatine into the puree until it is dissolved. Leave to one side.



3

Separate the eggs. Whisk the egg yolks and sugar over simmering water until the mixture is thick and pale. Stir in the raspberry and passion fruit puree to the egg mixture and then gently fold in the whipped cream.



4

Whisk the egg whites until they form stiff peaks and then gently fold into the mixture trying not to knock too much of the air out of it.



5

Divide between 6 glasses and allow to set until firm in the fridge, covered with clingfilm for 2- 2 1/2 hours.



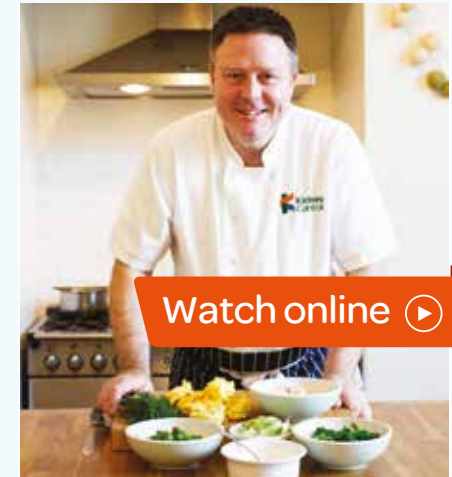
6

To serve, decorate the glasses with the 50g remaining raspberries, a little sprinkle of icing sugar and 2 sponge fingers each.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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