



Special occasion

Dessert

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
	Low fat	£1.60	Cost per portion (costed July 2022)
23g	Carbohydrate	170kcal	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.



Mixed berry tarts

Price per portion
£1.60
date costed: June 2022

Prep: 10 mins • Cook: 12 mins • Serves: 4

A simple summer dessert with low potassium berries.

Ingredients

- 110g puff pastry
- 20g icing sugar
- 110g low fat fromage frais
- 350g fresh mixed berries – we've used 150g blueberries, 100g strawberries (halved or quartered depending on size), 50g cherries (de-stoned and cut in half) and 50g blackberries

Carbohydrate The main sources of carbohydrate in this dish are the pastry, sugar and fruit. Values have been provided for those trained in insulin adjustment.

Phosphate/potassium Blueberries are low in potassium, so we've used them in the highest quantity. The other berries are slightly higher in potassium, so are used in smaller amounts.

There is some phosphate present in the pastry and fromage frais. If you have been prescribed a phosphate binder, take them with this dish.

Protein This is a low protein dessert. If you have been advised to increase your protein intake, you could double the amount of fromage frais.

Special diets

Gluten free: Use gluten-free puff pastry.

Vegan: Use an oat-based crème fraiche instead of fromage frais.

Healthier option Consider omitting the icing sugar or replacing it with a powdered sweetener to reduce the sugar content. If you are following a low-fat diet, you may wish to enjoy the fruit and fromage frais without the pastry.

Cheaper option Using frozen berries may be cheaper. Defrost and drain any juice before using.

Storage Cooked pastry cases will keep for three days in an airtight container. Serve with the fresh fromage frais and berries.



Cooking in the kitchen with Lizzie Morey

Impress your friends and family with this simple but stunning dessert.



1

Preheat the oven to 200C/gas mark 6. Line a baking tray with greaseproof paper. Divide the puff pastry into four equal five inch by five inch squares and place them onto the baking tray.



2

With a sharp knife, score about five millimetres inside the edge of each pastry square. Place the tray of pastry squares into oven and cook for 12 minutes, until they are slightly risen and golden. Remove from the oven and allow them to cool.



3

In a large bowl, beat the icing sugar into the fromage frais with a spoon.



4

Push down on the centre of the pastry cases to make room for the filling. Divide the icing sugar and fromage frais mixture between the tarts, top with the berries and dust the tarts with icing sugar to serve.



The Kidney Kitchen was created by Kidney Care UK to help patients and their families live well with kidney disease. Recipes have been developed by our professional chef 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

Get in touch with Kidney Care UK

info@kidneycareuk.org

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

[f kidneycareuk.org](https://www.facebook.com/kidneycareuk) [@kidneycareuk](https://www.instagram.com/kidneycareuk) [@kidneycareuk](https://www.twitter.com/kidneycareuk)