



Special occasion

Dessert

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
	Low fat	£1.95	Cost per portion <small>(costed July 2022)</small>
38.9g	Carbohydrate	365kcal	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.



Price per portion
£1.95
date costed: June 2022

Individual blueberry and lemon trifles

Prep: 1 hour 20 mins • Cook: 5 mins • Serves: 6

Full of fresh blueberries and zesty lemon flavours, this twist on a traditional trifle keeps this pudding low in potassium and phosphate.

Ingredients

1 lemon	300g whipping cream
480g blueberries, fresh	120g lemon curd
40g caster sugar	
100g lemon sponge cake	

Carbohydrate Lemon curd, sugar, cake and blueberries are all sources of carbohydrate in this dish and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium Cream is relatively low in phosphate and we have not used custard in this trifle, which helps to keep the overall phosphate content low. If you have been prescribed a phosphate binder, ensure you take them with this dish.

As we have replaced some of the ingredients traditionally found in a trifle recipe and used more blueberries, which are a low-potassium berry, this is a low potassium pudding choice.

Special diets

Gluten free: Use a gluten-free sponge cake.

Vegan: Use a dairy-free cream alternative and a vegan sponge cake.

Healthier option If you want to reduce the amount of fat you eat, consider swapping the cream for a low-fat crème fraiche. To reduce the sugar, you could reduce the lemon curd and add some lemon zest to flavour the cream. You could also try omitting the sugar from the blueberries.

Storage This pudding is best eaten the same day, but it can be stored in the fridge and used within two days.

Tips Try adding a splash of limoncello to the sponges for extra flavour



Cooking in the kitchen with Chef Paul Ripley

This is a wonderful dessert, perfect for any time of year. Simple to make, this trifle has layers of zesty lemon cake, whipped cream and juicy blueberries.



To juice the lemon, cut it in half and place a sieve over a bowl. Use a fork or tongs to squeeze the juice from the lemon. The sieve will catch the lemon seeds and pulp, and let the juice drain through.



Put 12-18 blueberries aside, then place the rest in a saucepan with the sugar and lemon juice. Cook over a gentle heat for 5 mins until the sugar has dissolved and the berries start to release their juice.



Remove the saucepan from the heat and allow to cool. Meanwhile, cut the sponge cake into small, even-sized cubes and place into six small, individual glasses or pudding dishes.



When the blueberries have cooled, divide them between the glasses. Spoon the blueberries on top of the sponge cake and drizzle over any remaining juice.



Pour the cream into a separate bowl and whisk it until it forms stiff peaks. Gently fold the lemon curd through the cream until it is evenly swirled through the cream.



Top each trifle evenly with a spoonful of the lemon curd cream. Scatter the reserved blueberries from earlier on top. Chill the puddings in the fridge for an hour and then 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 (RNG).

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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