



Rice pudding with pear and prune compote

Prep: 5 mins • Cook: 25 mins • Serves: 6

A twist on a traditional recipe using soya milk to keep the potassium content low and adding prunes and pears for natural sweetness.

Ingredients

300g pudding rice	410g tin pears in juice
1200ml organic soya milk	1 lemon
410g tin prunes in juice	1/2 teaspoon ground ginger

Carbohydrate The pudding rice and fruit compote make this a high carbohydrate dish. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium When drained, tinned fruit in juice is often lower in potassium than fresh or dried varieties.

Organic soya milk is low in both potassium and phosphate as they don't contain the additives containing potassium and phosphorous used to fortify standard varieties.

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

Special diets

Gluten free: This dish is naturally gluten free.

Healthier option There is no added sugar in this recipe and soya milk is naturally low in fat.

Storage Keep any leftovers in the fridge for 2 days in an airtight container and serve cold or reheat.

Special occasion

Vegan

	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
54.5g	Carbohydrate	270Kcal	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

Rice pudding is the quintessential comfort food – sweet, creamy and utterly delicious. This is a vegan friendly version the whole family can enjoy.



1

Add the soya milk and rice to a large saucepan and stir while you bring to the boil. Reduce the heat and simmer for 20 minutes or until the rice is soft.



2

Stir occasionally, scraping the bottom of the pot with a spoon to remove any rice that sticks.



3

Meanwhile drain the juice from the tinned prunes and pears, discard the juice. Put the fruit into a saucepan with the ginger. Cut and add the juice of the lemon to the fruit.



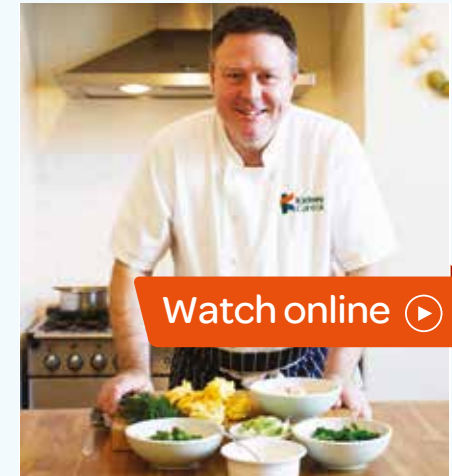
4

Heat fruit until it breaks down to a thick sauce. Once cooked serve the rice pudding with a tablespoon of fruit on top.



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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