



Everyday dish

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
36g	Carbohydrate	227kcal	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.



Soda bread rolls

Prep: 10 minutes • Cook: 25 minutes • Serves: 10

This quick and tasty bread, made without any added salt, makes a lovely accompaniment to soup or you could simply toast and add your favourite topping. The nutritional analysis is based on one serving of bread, which is one roll or one slice of bread.

Ingredients

- 170g wholemeal flour
- 170g strong bread flour
- 20g unsalted butter
- 1 teaspoon bicarbonate of soda
- ½ teaspoon cracked black pepper
- 300ml natural yoghurt
- 10ml milk

Carbohydrate The main sources of carbohydrate in this recipe are the flour and sugar. Carbohydrate values have been provided for those trained in insulin adjustment.

Phosphate/potassium Most breads are low in both potassium and phosphate, providing they are free of nuts, seeds and/or dried fruit. A one-roll serving is low in both potassium and phosphate.

If you are following a low potassium and/or a low phosphate diet, consider what you serve with this bread carefully. Avoid high potassium/phosphate fillings, toppings, or accompaniments. If you have also been prescribed with a phosphate binder, ensure you take them as prescribed.

This recipe is the equivalent to two slices of the average supermarket bread in terms of potassium, phosphate, and calories. Be mindful of how many rolls or slices of bread you have as more than one may be too much.

Protein Bread is generally a low protein food, if you have been advised to reduce your protein then choose a low protein accompaniment or limit the amount of protein you serve with the bread. If, however you have been advised to increase your protein, then a bean, pulse or lentil based spread such as hummus would make a suitable higher protein accompaniment.

Storage Once cooled, store in an airtight container for up to 3 days. Alternatively, freeze for up to 3 months. Defrost thoroughly before using.

Tips If you prefer, you can make a large loaf of bread to slice. After step 3, form the dough into a loaf shape and place on the baking tray. Cut a couple of deep slits across the top and brush with milk. Dust with a little extra flour and bake in the oven for 40-45 minutes until risen and golden brown. Take out of the oven and transfer to a wire rack to cool. Slice into 10 portions and serve.



Cooking in the kitchen with Lizzie Morey

This super simple soda bread recipe is ready in less than an hour, with no yeast or kneading required! Made with just six ingredients and a mix of wholemeal and white flour.



1

Preheat oven to 180°C/gas mark 5. Line a baking tray. Melt the butter in the microwave or in a saucepan.



2

Mix the flours, melted butter, bicarbonate of soda and pepper in a large bowl and stir to combine well.



3

Stir in the yoghurt and then use your hands to mix together until a soft dough forms.



4

With lightly floured hands, shape into 10 rolls and put on the lined baking sheet, so the rolls are almost touching. Brush each roll with a little milk.



5

Bake for 20-25 minutes until risen and golden brown.



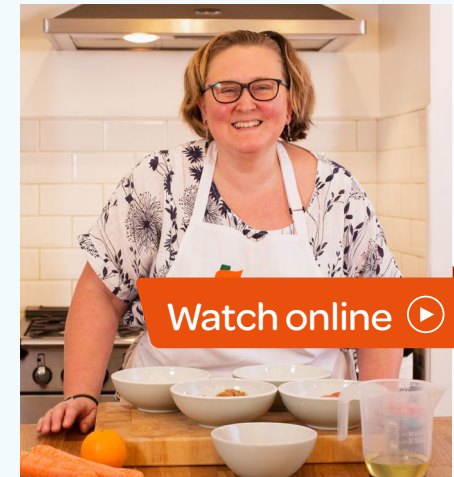
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Take the rolls out of the oven and transfer them to a wire rack to cool before serving.



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)

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