



## Lemonade or Limeade Base

**Diet types:** CKD Non - Dialysis, Dialysis, Diabetes

**Nutrients per serving:** Calories 108g, Protein 0g, Carbohydrates 27g, Fat 0g, Cholesterol 0mg, Sodium 2mg, Potassium 39mg, Phosphorus 2mg, Calcium 4mg, Fiber 0.1g

**Renal and Renal Diabetic Food choices:** 1/2 low-potassium fruit, 1 high calorie

### PREPARATION

1. In a medium saucepan, stir the water and sugar or sugar substitute over medium heat until the sugar is dissolved. Remove from the heat; cool for 20 minutes.
2. Add the citrus peel and juice to the sugar mixture. Pour into a jar or pitcher; cover and chill. This will keep for up to three days.
3. For each glass of lemonade or limeade, combine 3 ounces of base and 3 ounces of water in an ice-filled glass. Stir and sip slowly to enjoy. Freeze the leftover base in ice cube trays and add to beverages instead of ice.

**Portions:** 10

**Serving size:** 3 ounces base + 3 ounces water

### INGREDIENTS

2 tsp	Vegetable oil
1 tsp	Mustard seeds
1 cup	Semolina (rava)
1/4 cup	Yogurt
1/8 tsp	Salt
1/4 cup	Water
1/4 cup	Corn, grated
1/4 cup	Paneer
1 tsp	Coriander leaves, finely chopped.
1 tsp	Chopped coriander leaves to garnish
1 tsp	Ghee (clarified butter)

Find more kidney-friendly recipes, visit [davita.in/recipes](https://www.davita.in/recipes) today.

Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.