

NOVASOURCE[®] renal

NUTRITIONALLY COMPLETE
FORMULA FOR PEOPLE ON

DIALYSIS



Flavoring Tips & Recipes

Consult with your healthcare provider on whether these flavoring tips and recipes are appropriate for your nutrition plan.

Try these easy flavoring tips!

SUGAR-FREE SYRUPS

Add 1-2 Tbsp to 8 fl oz of NOVASOURCE® Renal Vanilla:

- Sugar-free chocolate, strawberry or caramel syrup
- Sugar-free maple syrup (add 2 drops almond or black walnut extract for a maple nut flavor)
- Sugar-free flavoring syrups (found in the coffee aisle)

Add 2 tsp to 8 fl oz of NOVASOURCE® Renal Vanilla:

- Sugar-free liquid coffee creamers
- Espresso or strong coffee



EXTRACTS

Add $\frac{1}{4}$ – $\frac{1}{2}$ tsp of your favorite flavor to 8 fl oz of NOVASOURCE® Renal Vanilla or try blending flavors to create a unique combination.

Flavor suggestions: orange, raspberry, strawberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond, and mint.

NOTE: DO NOT use acidic flavorings, such as citrus juices or products with citric acid, as these will cause the NOVASOURCE® Renal to curdle.



ICED CARAMEL LATTE

Ingredients

- 4 fl oz (½ cup) NOVASOURCE[®] Renal Vanilla
- 2 Tbsp regular or sugar-free caramel syrup
- 1 tsp instant coffee or espresso powder mixed with ½ tsp hot water
- Ice cubes

Preparation

Combine all ingredients in a tall glass; stir well.

Makes 1 – 4 fl oz serving



Nutrition Information

Serving Size 4 fl oz (½ cup)

Calories	340
Total Fat	12 g
Saturated Fat	0 g
Cholesterol	0 mg
Potassium	150 mg
Sodium	220 mg
Total Carb	47 g
Dietary Fiber	0 g
Sugars	25 g
Protein	12 g
Phosphorus	100 mg
Calcium	20 mg

Nutrition calculated using regular caramel syrup. Nutrient content may vary with ingredients used.

LIME COCONUT COOLER

Ingredients

- 4 fl oz (½ cup) NOVASOURCE[®] Renal Vanilla
- ½ cup lime sherbet
- 3 drops coconut extract or flavoring

Preparation

Mix all ingredients in a blender until smooth. Serve chilled.

Makes 1 – 8 fl oz serving



Nutrition Information

Serving Size 8 fl oz (1 cup)

Calories	350
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	5 mg
Potassium	180 mg
Sodium	150 mg
Total Carb	44 g
Dietary Fiber	1 g
Sugars	22 g
Protein	12 g
Phosphorus	130 mg
Calcium	140 mg

Nutrient content may vary with ingredients used.

PINA COLADA TRIFLE

Ingredients

- 4 fl oz (½ cup) NOVASOURCE® Renal Vanilla
- 1 Tbsp sugar
- ½ cup crushed pineapple, drained
- 3 Tbsp whipped cream cheese
- 3 drops coconut extract or flavoring
- 1 - ¾ inch slice pound cake
- 1 tsp toasted coconut for garnish (optional)

Preparation

1. Combine NOVASOURCE® Renal Vanilla, sugar, drained pineapple, cream cheese, and coconut extract in a blender; mix until smooth.
2. Crumble pound cake into small pieces.
3. Place about 2 Tbsp NOVASOURCE® Renal mixture into each dessert dish and top with 1½ Tbsp cake crumbs. Repeat layers with remaining NOVASOURCE® Renal mixture and cake crumbs. Top with toasted coconut, if desired.

Makes 2 - ¾ cup servings

Nutrition Information

Serving Size approximately ¾ cup	
Calories	250
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	25 mg
Potassium	140 mg
Sodium	120 mg
Total Carb	31 g
Dietary Fiber	1 g
Sugars	20 g
Protein	6 g
Phosphorus	80 mg
Calcium	60 mg

Nutrient content may vary with ingredients used.

MAPLE APPLE DELIGHT

Ingredients

- 4 fl oz (½ cup) NOVASOURCE® Renal Vanilla
- 2 tsp real maple syrup
- 1 Tbsp apple butter

Preparation

Combine all ingredients in a tall glass; stir well. Serve chilled.

Makes 1 - 4 fl oz serving



Nutrition Information

Serving Size 4 fl oz (½ cup)	
Calories	300
Total Fat	12 g
Saturated Fat	1 g
Cholesterol	0 mg
Potassium	160 mg
Sodium	120 mg
Total Carb	38 g
Dietary Fiber	0 g
Sugars	19 g
Protein	11 g
Phosphorus	100 mg
Calcium	110 mg

Nutrient content may vary with ingredients used.

PEACHES & “CREAM” SHAKE

Ingredients

- 4 fl oz (½ cup) NOVASOURCE® Renal Vanilla
- ½ cup canned diced peaches packed in juice, drained (reserve juice)
- 3 Tbsp peach nectar
- 1 Tbsp whipped cream cheese

Preparation

Mix all ingredients in a blender until smooth.

NOTE: Shake will be thick. If a thinner consistency is desired, add a small amount of reserved juice and stir well.

Makes 1 – 8 fl oz serving



Nutrition Information

Serving Size 8 fl oz (1 cup)

Calories	320
Total Fat	15 g
Saturated Fat	3 g
Cholesterol	15 mg
Potassium	225 mg
Sodium	150 mg
Total Carb	34 g
Dietary Fiber	1 g
Sugars	10 g
Protein	12 g
Phosphorus	120 mg
Calcium	120 mg

Nutrient content may vary with ingredients used.

CHOCOLATE MINT SIPPER

Ingredients

- 4 fl oz (½ cup) NOVASOURCE® Renal Vanilla
- 1 Tbsp chocolate syrup
- 2 drops mint extract

Preparation

Combine all ingredients in a tall glass; stir well. Serve chilled.

Makes 1 – 6 fl oz serving



Nutrition Information

Serving Size 6 fl oz (¾ cup)

Calories	290
Total Fat	12 g
Saturated Fat	1 g
Cholesterol	0 mg
Potassium	160 mg
Sodium	125 mg
Total Carb	34 g
Dietary Fiber	1 g
Sugars	15 g
Protein	11 g
Phosphorus	125 mg
Calcium	100 mg

Nutrient content may vary with ingredients used.

APPLE CINNAMON SHAKE

Ingredients

- 4 fl oz (½ cup) NOVASOURCE® Renal Vanilla
- 2 dashes cinnamon
- 1½ Tbsp apple butter

Preparation

Combine all ingredients in a tall glass; stir well. Serve chilled.

Makes 1 – 4 fl oz serving



Nutrition Information

Serving Size 4 fl oz (½ cup)

Calories	280
Total Fat	12 g
Saturated Fat	1 g
Cholesterol	0 mg
Potassium	140 mg
Sodium	120 mg
Total Carb	33 g
Dietary Fiber	1 g
Sugars	15 g
Protein	11 g
Phosphorus	100 mg
Calcium	110 mg

CINNAMON RAISIN FRENCH TOAST

Ingredients

- 2 fl oz (¼ cup) NOVASOURCE® Renal Vanilla
- ½ cup fat-free liquid egg substitute
- ¼ tsp vanilla extract
- ¼ tsp cinnamon
- 1 tsp no-calorie sweetener
- 4 slices cinnamon raisin bread
- Maple syrup, as desired

Preparation

- Mix together NOVASOURCE® Renal Vanilla, egg substitute, vanilla extract, cinnamon, and sweetener.
- Dip slices of cinnamon raisin bread into egg mixture. Cook on hot griddle until both sides of bread are golden brown.
- Serve warm with maple syrup, if desired.

Makes 2 servings

Nutrition Information

Serving Size 2 slices

Calories	230
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Potassium	280 mg
Sodium	350 mg
Total Carb	3 g
Dietary Fiber	2 g
Sugars	6 g
Protein	13 g
Phosphorus	125 mg
Calcium	110 mg

Nutrient content may vary with ingredients used.

LIGHT & FLUFFY MAPLE PANCAKES

Ingredients

- 1 cup all-purpose white flour
- 1 Tbsp sugar
- 2 tsp baking powder
- 8 fl oz NOVASOURCE® Renal Vanilla
- ¼ cup fat-free liquid egg substitute
- 1 tsp maple extract or flavoring
- ½ tsp butter flavoring (optional)
- Maple syrup, as desired

Preparation

1. Preheat a griddle or skillet.
2. Combine flour, sugar, baking powder, and salt in a mixing bowl.
3. In a separate container, stir together NOVASOURCE® Renal, egg substitute, and flavoring extracts. Add to flour mixture and stir well.
4. Spray griddle or skillet with non-stick cooking spray.
5. Portion batter by ¼ cupfuls onto hot griddle.
6. Cook pancakes for 1-1 ½ minutes on each side or until golden brown.
7. Serve warm with maple syrup, if desired.

Makes about 10 - 4 inch pancakes (2 pancakes per serving)

Nutrition Information

Serving Size 2 - 4 inch pancakes

Calories	200
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Potassium	100 mg
Sodium	260 mg
Total Carb	31 g
Dietary Fiber	1 g
Sugars	5 g
Protein	8 g
Phosphorus	120 mg
Calcium	160 mg

Nutrient content may vary with ingredients used.

STRAWBERRY CHEESECAKE DESSERT

Ingredients

- 4 fl oz (½ cup) NOVASOURCE® Renal Vanilla
- ½ cup frozen sweetened strawberries, thawed and drained
- ⅛ tsp vanilla extract
- ⅛ tsp lemon juice
- 2 oz Neufchatel cheese, softened
- Non-dairy whipped topping for garnish (optional)

Preparation

1. Combine NOVASOURCE® Renal Vanilla, drained strawberries, lemon juice, and vanilla extract in a blender and mix until smooth.
2. Add softened Neufchatel cheese and mix well.
3. Portion into two dessert dishes and refrigerate until ready to serve.
4. Garnish with non-dairy whipped topping, if desired.

Makes 2 - ½ cup servings

Nutrition Information

Serving Size ½ cup

Calories	250
Total Fat	12 g
Saturated Fat	4 g
Cholesterol	20 mg
Potassium	160 mg
Sodium	150 mg
Total Carb	28 g
Dietary Fiber	1 g
Sugars	19 g
Protein	8 g
Phosphorus	100 mg
Calcium	90 mg

Nutrient content may vary with ingredients used.

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To order online, visit [NestleNutritionStore.com](https://www.NestleNutritionStore.com)



To place an order by phone, call **1-888-240-2713**
Monday-Friday 8 am to 8 pm EST
Saturday 9 am to 5 pm EST

USE UNDER MEDICAL SUPERVISION.

Nutrition information for all recipes was generated using the Food Processor Nutrition Analysis Software, Ver. 10.12.0 which references the US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>. The nutrition information should only be used as a guidance. It does not constitute as a label declaration nor that the values were analytically determined or verified.

For more information about NOVASOURCE[®] Renal
visit www.NestleHealthScience.us or
call **1-800-422-ASK2 (2752)**

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