

# Healthy Kidney Recipes

*7 Tasty Recipes Curated, Cooked & Sampled By Our Kidney “Stuff” Staff.*



## Thank you for signing up for your FREE Healthy Kidney Recipe Cards...

These 7 *tasty recipes* were *curated, cooked & sampled* by our Kidney “Stuff” Staff to ensure happy taste buds and that home-cooked meal feel. We hope that you’ll enjoy the cooking experience just as much as the flavor on your journey towards better health!

- The use of non-GMO or fresh, organic ingredients is suggested, but not required.
- Some of our recipes include plant-based ingredients and are lower in salt, potassium and phosphorus, which may be useful for people with kidney issues.
- Not all recipes contained in this listing may meet *your* specific dietary restrictions. Please always consult your physician or nutritionist before beginning any food program and heed their advice.
- It is optional to sprinkle 1/2 tsp of Kidney “Stuff” Original Granular Formula to your final cooked product, but do NOT heat or bake Kidney Stuff into recipes, as it degrades the nutritional quality.

Enjoy!

- *Your Friends at Golden Standards (Kidney “Stuff”)*



# Naturally Sweet Oatmeal Bake

**Cook Time: 35-45 minutes**  
**Preheat oven to 400°**

Combine all ingredients in a large bowl and mix well:

- 2 cups old fashioned oats
- 2 cups water or milk (*your choice*)
- 1 tsp vanilla
- 1/4 cup chopped walnuts
- 1/4 cup blueberries
- 1-2 medium sized peeled & diced apples
- 1/2 tsp cinnamon
- 6 tbsp maple syrup

Place mixture into a baking dish, spray with cooking spray and bake as directed.

Optional: When done baking, sprinkle 1/2 tsp of Kidney “Stuff” Original Formula over the top before serving.

A close-up photograph of a person's hands cracking an egg into a white bowl. The egg yolk is falling into the bowl, and the egg white is being poured. The background is slightly blurred, showing a wooden surface and some other kitchen items.

# Scrambled Egg Bake Nests

**Cook Time: 10-15 Min**  
*(until egg is no longer runny)*

**Preheat Oven to 400°**

Combine all ingredients in a medium bowl and whisk until bubbly:

- 2 eggs
- 2 egg whites
- 1/4 cup water or milk
- Pepper to taste
- A dash of paprika

Pour into greased 12 muffin pan (*fill each one 1/2 way*)

Add your choice of vegetables to each of the single egg “nests” as desired. You can make them all the same or mix them up for added variety!

- Diced onions
- Crumbled bacon bits
- Diced red, green, or jalapeno peppers
- Diced mushrooms
- Cheese (*you can use a non-dairy alternative*)
- Shredded Kale to top

Bake as directed.



# To Your Health Salad

Combine all ingredients in a large bowl and toss lightly:

- 1/2 cup romaine Lettuce
- 1/2 cup green leaf Lettuce
- 1/4 cup kale
- 1/4 cup microgreens or sunflower sprouts
- 1/4 cup grapes
- 1/4 cup strawberries
- 1/4 cup blueberries
- 1/4 cup mandarin oranges
- 3 macadamia nuts
- 3 pecans
- 1 oz precooked grilled or baked chicken
- Dressing: thick balsamic vinegar (Aceto Balsamico Modena Riserva)

Optional: Sprinkle 1/2 tsp Kidney “Stuff” Original Formula over the top of your salad.



# Cheesy Lemon/Coconut Asparagus

**Cook Time: 10-15 min**  
*(until asparagus is tender)*

**Preheat Oven to 400°**

Layer all ingredients in a shallow pan (6 spears/serving):

- 1 bundle of asparagus spears, washed and trimmed
- Place in a single layer of spears in a shallow pan
- Place 4 dime size dollops of extra virgin coconut oil evenly across the asparagus
- Thinly slice 2 tomatillos and layer them evenly over the asparagus
- Use 1/2 of a lemon to squeeze juice over the asparagus (*put remaining 1/2 aside*)
- Lightly sprinkle parmesan cheese or vegan cheese across the top of the asparagus
- Place 4 sprigs of fresh rosemary along all 4 sides of the pan (*remove before serving*)
- Take the remaining 1/2 lemon, cut it into slices and place alongside the rosemary sprigs (*remove before serving*)

Optional: Before serving sprinkle 1/2 tsp of Kidney “Stuff” Original Formula over the entire pan of asparagus.



# Spicy Cauliflower Bites

**Cook Time: 30 minutes**  
**Preheat Oven to 400°**

Combine all ingredients in a large bowl and mix well until there are no lumps:

- 1 cup flour
- 1 tsp of onion powder
- 1 tsp red pepper flakes
- 1 tsp of garlic powder
- 1 cup milk of your choice

Wash and chop 1 head of cauliflower into chunks:

- Dip each piece of cauliflower into the batter until evenly coated
- Place the cauliflower chunks onto a sheet pan lined with parchment paper
- Bake for 20 minutes
- Pull the pan out of oven and drizzle your favorite hot sauce over the cauliflower
- Bake an additional 10 minutes

Optional: When done baking sprinkle 1/2 tsp of Kidney “Stuff” Original Formula over the top of the cauliflower before serving.



## Tuna Protein Sandwich (2 servings)

Combine all ingredients in a medium bowl and mix well:

- 2 oz of drained, no salt canned tuna in water
- 1/3 tsp dijon mustard
- 1 tsp lemon juice
- 2 tbsp mayonnaise
- 1 tsp sunflower seeds
- 1 tsp diced celery

Optional: Mix in 1/2 tsp of Kidney “Stuff” Original Formula.

Mix together and serve on toast with romaine or green leaf lettuce and fresh sunflower sprouts or microgreens.



# Build Your Own Pizza

## Part one: Sauces

**Cook time 10-15 min**  
*(dependent upon crust used)*

**Preheat Oven to: 425°**

Crust: *(your choice)*

- Store bought premade pizza crust
- Lavash crust
- Flour tortilla

### ***Your New Favorite Homemade & Golden Standards Staff Approved Sauces...***

#### **Tomato Sauce**

Combine all ingredients in a small saucepan:

- 15 oz can organic tomato sauce
- 6 oz can organic tomato paste
- 1/2 tsp Italian seasoning
- Pepper to taste
- 1/2 tsp of red pepper flakes
- 1 minced basil leaf

Simmer on low for 5 -10 min until desired temperature.

#### **Pesto Sauce**

Combine all ingredients together in food processor and puree:

- 1 cup basil leaves
- 1/2 roasted red or yellow pepper
- 1/4 cup walnuts
- 2 tbsp lemon juice
- 1/4 cup extra virgin olive oil
- Black pepper to taste
- 1 diced garlic clove
- 1/2 cup grated parmesan cheese



# Build Your Own Pizza

## Part two: Ingredients

**Cook time 10-15 min**  
*(dependent upon crust used)*

**Preheat Oven to: 425°**

Top pizza with any combination of the following ingredients in the desired amounts:

- 1/2-1 cup washed and trimmed kale leaves (*place this as first layer on sauce*)
- Diced yellow onion
- Chopped red or green pepper
- Black olives
- Jalapenos
- Small amount of shiitake or white mushrooms
- Sprinkle a thin layer of mozzarella or non-dairy cheese over the top of the pizza

*Hint: Add your own favorite low potassium vegetables!*

Optional: When done baking, sprinkle 1/2 tsp of Kidney “Stuff” Original Formula over the entire pizza before serving.