



CKD and ESKD

**SOMATUS**  
REVOLUTIONIZING KIDNEY CARE

*Kidney Friendly*

# Frozen Yogurt Berry Cups

Makes 4 serving

**2 cups oats**

**¼ cup natural peanut butter,  
unsalted**

**¼ cup pure maple syrup**

**2.5 cups dairy free yogurt**

**½ cup strawberries, diced**

**½ cup blueberries**

Cut and dice strawberries for toppings.

Combine oats, peanut butter and maple syrup and stir well to combine.

Line muffin pan with muffin liners.

Add 2 tbsp of oats/peanut butter/maple syrup mixture on bottom of each muffin cup.

On top of the oat mixture, add 2-3 tbsp of dairy free yogurt into each cup.

Add diced strawberries and blueberries on top of the yogurt.

Cover the muffin pan tightly with foil and place in the freezer for at least 2 hours to set.

Keep frozen and allow to thaw for a few minutes prior to consuming.

<b>Nutrition Facts Per Serving (1 muffin cup)</b>	
Calories	151
Carbohydrates	26 g
Protein	3.6 g
Total Fat	4.5 g
Phosphorus	87 mg
Potassium	122 mg
Sodium	19 mg

*The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*

Recipe modified: <https://tasty.co/recipe/frozen-yogurt-granola-cups>  
<https://veggieworldrecipes.com/frozen-yogurt-fruit-cups/>