



Kidney Friendly

Sparkling Lemonade

Makes 1 serving

1 lemon, juiced

2 tsp agave syrup

**8 oz sparkling water,
plain and unsweetened**

½ cup ice cubes

Optional: Garnish with
fresh lemon slices

Add lemon juice, agave syrup and sparkling water, stir well to combine.

Pour into glass with ice cubes and top with fresh lemon slices.

Nutrition Facts Per Serving (8 oz cup)	
Calories	54
Carbohydrates	14 g
Protein	0.2 g
Total Fat	0.2 g
Phosphorus	4.0 mg
Potassium	50 mg
Sodium	1 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.