

SOFT GINGER COOKIES

Portions: **24** Serving size: **1 cookie**

Ingredients:

2-¼ cups all purpose flour
 2 teaspoons ground ginger
 1 teaspoon baking soda
 ¾ teaspoon ground cinnamon
 ½ teaspoon ground cloves
 ¾ cup butter or margarine
 1 cup white sugar plus 2 tablespoons (divided use)

¼ cup liquid egg whites*

¼ cup molasses**

* lower in phosphorus, find in grocery store dairy coolers

**high in potassium so limit serving to 1 cookie

Preparation:

- Preheat oven to 350°F
- In a medium bowl combine the flour, ginger, baking soda, cinnamon and cloves; set aside
- In a large mixing bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds; beat in 1 cup sugar
- Add liquid egg whites and molasses; beat well
- Stir flour mixture into egg mixture
- Shape dough into 1-1/2" balls, using about 1 heaping tablespoon of dough for each
- Roll balls in the 2 Tablespoons of sugar to coat
- Place balls about 2-1/2" apart on an ungreased cookie sheet
- Bake for 10 minutes or until light brown and still puffed; do not over bake
- Cool cookies on cookie sheet for 2 minutes then transfer cookies to a wire rack and let cool; store cookies in a sealed container to keep soft

Renal choices: 1 starch

Nutrients per serving:

142 calories, 2 g protein, 20 g carbohydrate, 59 mg sodium, 70 mg potassium, 16 mg phosphorus

Adapted from www.davita.com

SUGAR and SPICE POPCORN

Portions: **4** Serving size: **2 cups**

**Ingredients:**

8 cups air-popped popcorn
 2 Tablespoons butter or margarine
 2 Tablespoons sugar
 ½ teaspoon cinnamon
 ¼ teaspoon nutmeg

Preparation:

- Pop popcorn; set aside
- Heat the butter or margarine, sugar, cinnamon and nutmeg in the microwave or on the stove in a saucepan until butter melts and sugar dissolves. Be careful not to burn the butter
- Drizzle spiced butter mixture over popcorn; mix well
- Serve immediately for best results

If you don't have an air popper, use 1 bag of reduced sodium microwave popcorn, popped, and decrease butter to 1 Tablespoon

Renal choices: 1 starch

Nutrients per serving: 120 calories, 2 g protein, 12 g carbohydrate, 36 mg sodium, 56 mg potassium, 60 mg phosphorus

Adapted from www.davita.com

