



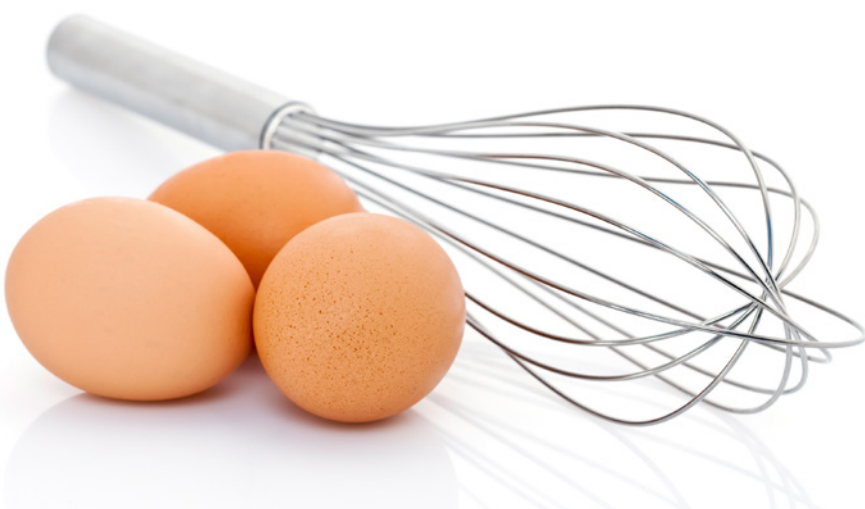
The ultimate breakfast collection



Kidney-friendly breakfast recipes just got tastier! Get delicious, flavorful meal ideas to help you get your day off to the right start. Our cookbook has quick and easy choices as well as yummy brunch recipes for a leisurely morning.

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Apple Oatmeal

In this healthy recipe, cook apples into your morning oatmeal and you'll start the day right with whole grains and a serving of fruit.



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5 Cups (1 serving = 1¼ cups)

Prep time: 45 minutes

Total time: 45 minutes

NUTRITION PER SERVING

Calories	211 cal	Cholesterol	0 mg	Phosphorus	139 mg
Total Fat	1.6 g	Sodium	167 mg	Potassium	275 mg
Saturated Fat	0.3 g	Carbohydrates	45.7 g	Dietary Fiber	4.3 g
Trans Fat	0 g	Protein	6 g	Calcium	69 mg

INGREDIENTS

- 4 crisp apples, such as Jazz or Pink Lady, divided
- 1 cup steel-cut oats
- 4 cups water
- 3 tablespoons packed brown sugar, divided
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup nonfat plain Greek yogurt

DIRECTIONS

1. Shred 2 apples using the large holes of a box grater, leaving the core behind.
2. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.
3. Meanwhile, chop the remaining 2 apples.
4. After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon, and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt and ¾ teaspoon brown sugar.



People with celiac disease or gluten-sensitivity should use oats that are labeled “gluten-free,” as oats are often cross-contaminated with wheat and barley.

Breakfast Fruit Bread Pudding

Studded with strawberries, this breakfast recipe is a cross between a baked French toast and a dessert bread pudding. Swap in almost any fruit depending on what's in season. Although we typically advocate using whole-grain bread, we stuck with challah for this recipe, because the results are so luscious.



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10 Servings (1 serving = 1, 2.6" x 4.5" piece) | Prep time: 30 minutes | Total time: 3 hours 15 minutes

NUTRITION PER SERVING

Calories	302 cal	Cholesterol	0 mg	Phosphorus	189 mg
Total Fat	8.3 g	Sodium	320 mg	Potassium	345 mg
Saturated Fat	3.4 g	Carbohydrates	45.9 g	Dietary Fiber	2.7 g
Trans Fat	0 g	Protein	11.5 g	Calcium	158 mg

INGREDIENTS

- 1 pound day-old challah, or other egg bread, cut in ½-inch slices
- 5 cups sliced strawberries, or other berries, halved if large
- 5 large eggs
- 3 large egg whites
- 2 cups low-fat milk
- 1 cup half-and-half
- 1 tablespoon vanilla extract
- ¼ teaspoon salt
- ½ cup honey
- Confectioners' sugar, for garnish

DIRECTIONS

1. Coat a 9-by-13-inch baking dish with cooking spray. Cut bread in half on the diagonal to get somewhat triangular pieces. Place half the bread decoratively in the bottom of the prepared pan, nestling and trimming to fit as necessary. It's OK if there are spaces between the slices. Spread berries over the bread. Cover with the remaining bread, trimming to fit as necessary.
2. Whisk eggs, egg whites, milk, half-and-half, vanilla, and salt in a large bowl until thoroughly blended. Whisk in honey until completely incorporated. Pour the mixture over the bread. Let stand for 1 hour to allow the bread to soak up the liquid, pressing the bread down into the liquid a few times to help it absorb more. (Alternatively, cover with plastic wrap and refrigerate for up to 12 hours, pressing on the bread a few times while it sits.)
3. Position rack in lower third of oven; preheat to 350° F. (If the pudding was refrigerated, remove the plastic wrap and let stand at room temperature while the oven preheats.) Cover the pan loosely with foil and set it on a rimmed baking sheet.
4. Bake for 30 minutes. Remove the foil and continue baking until bubbling and the pudding is just set, about 1 hour more. Let stand about 10 minutes before serving (most of the liquid will be absorbed by the bread as the pudding rests). Serve dusted with confectioners' sugar, if desired.



TO MAKE AHEAD

Prepare through Step 2, cover, and refrigerate for up to 12 hours.

Old-Fashioned Oatmeal

Unlike quick-cooking oats, old-fashioned oatmeal has time to turn extra-creamy and luscious with just a few minutes more cooking time. With a bit of milk and the toppings of your choice, old-fashioned oats can be your go-to morning staple for a filling, healthy breakfast.



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1 Serving

Prep time: 15 minutes

Total time: 15 minutes

NUTRITION PER SERVING

Calories	154 cal	Cholesterol	0 mg	Phosphorus	166 mg
Total Fat	2.6 g	Sodium	155 mg	Potassium	149 mg
Saturated Fat	0.4 g	Carbohydrates	27.4 g	Dietary Fiber	4.1 g
Trans Fat	0 g	Protein	5.3 g	Calcium	28 mg

INGREDIENTS

- 1 cup water or low-fat milk, plus more milk for serving (1 ounce)
- Pinch salt
- ½ cup rolled oats
- 1–2 teaspoons honey, cane sugar, or brown sugar, optional
- Pinch cinnamon

DIRECTIONS

Stovetop

1. Combine water (or 1 cup milk) and salt in a small saucepan. Bring to a boil. Stir in oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand for 2 to 3 minutes.
2. Top with milk, sweetener, cinnamon, dried fruits, or nuts, if desired.

Microwave

1. Combine water (or 1 cup milk), salt, and oats in a 2-cup microwave-safe bowl. Microwave on High for 2½ to 3 minutes. Stir before serving.
2. Top with milk, sweetener, cinnamon, dried fruits, or nuts, if desired.



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High-Protein Breakfast Tacos

In this high-protein breakfast taco recipe, black beans, eggs, and cheese are folded into corn tortillas and topped with your favorite salsa.



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1 Serving

Prep time: 15 minutes

Total time: 15 minutes

NUTRITION PER SERVING

Calories	445 cal	Cholesterol	1 mg	Phosphorus	538 mg
Total Fat	16 g	Sodium	608 mg	Potassium	712 mg
Saturated Fat	6.1 g	Carbohydrates	43.5 g	Dietary Fiber	9.4 g
Trans Fat	0 g	Protein	32 g	Calcium	246 mg

INGREDIENTS

- 2 large eggs
- 2 large egg whites
- 2 tablespoons shredded Cheddar cheese
- ½ cup canned black beans, rinsed
- 2 6-inch corn tortillas, heated
- 4 teaspoons prepared salsa

DIRECTIONS

1. Whisk eggs and egg whites together in a small bowl; place near the stove.
2. Coat a medium nonstick skillet with cooking spray, place over medium heat. Add the eggs and cook, stirring, until almost set, about 4 minutes. Fold in cheese and beans. Divide among tortillas and top with salsa.

Bacon, Egg & Shrimp Grit Cakes with Smoky Cheese Sauce

If you like shrimp and grits, then you're going to love this delicious treat. Grits get savory when they're mixed with tasty bacon, eggs, and shrimp, then cut into squares and lightly fried to a golden brown. The final tasty touch? They're topped with smoky cheese sauce. Yum! This dish is perfect for brunch.



Serves 6 (1 serving = 7 ounces)

Prep time: 30 minutes

Total time: 1 hour 30 minutes

NUTRITION PER SERVING

Calories	390 cal	Cholesterol	170 mg	Phosphorus	240 mg
Total Fat	28 g	Sodium	831 mg	Potassium	230 mg
Saturated Fat	8 g	Carbohydrates	20 g	Dietary Fiber	1.1 g
Trans Fat	0 g	Protein	15 g	Calcium	154 mg

INGREDIENTS

- 4 eggs, beaten
- 2 tablespoons butter, unsalted
- ½ cup onions, diced
- 4 slices bacon, reduced sodium, cubed in ½-inch pieces
- 12 16/20 count raw, peeled, and deveined shrimp, chopped
- 1 teaspoon low-sodium Old Bay Seasoning
- ¼ cup chives, chopped, divided
- ½ cup chicken stock, no added salt
- 2 teaspoons Better Than Bouillon chicken flavor, reduced sodium
- 1 cup milk (½ cup for the grits and ½ cup for the sauce)
- ½ cup grits
- ½ teaspoon ground black pepper
- ½ teaspoon smoked paprika
- ¼ cup sharp Cheddar cheese, shredded
- ¼ cup Havarti, Monterey Jack, or provolone cheese
- ¼ cup canola oil, divided
- 3 tablespoons flour

DIRECTIONS

1. Heat 2 tbsp canola oil in a large nonstick sauté pan and scramble eggs until slightly done, but not too dry. Set aside in a medium-sized bowl. Add butter to pan and sauté onions, bacon, shrimp, Old Bay, and half of the chives until shrimp are slightly pink. Then place in the same bowl as eggs.
2. Using the same pan, add chicken stock, milk, bouillon, and grits and cook until done according to package directions. Turn off heat and fold egg, bacon, and shrimp mixture into grits in the pan. Then pour the mixture into a lightly oiled 9" x 9" baking pan and spread until even, then wrap and refrigerate until firm.
3. Remove the pan and cut into 6 squares. In a saucepot, heat milk (for sauce) until warm, then whisk in cheese, ground black pepper, paprika, and remaining chives until melted. Set sauce aside.
4. In a large sauté pan, heat the remaining canola oil. Lightly dust the grit cakes in flour and sauté until golden brown. Plate with equal amounts of smoky cheese sauce over the top.

Egg & Sausage Casserole

A dozen for brunch? No problem with our delicious makeover of a classic egg casserole. Assemble the casserole the evening before you plan to serve it.



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12 Servings (1 serving = 1, 2" x 4.5" piece) | Prep time: 35 minutes | Total time: 6 hours 15 minutes

NUTRITION PER SERVING

Calories	142 cal	Cholesterol	90 mg	Phosphorus	145 mg
Total Fat	7.1 g	Sodium	327 mg	Potassium	197 mg
Saturated Fat	2.6 g	Carbohydrates	9.6 g	Dietary Fiber	0.7 g
Trans Fat	0 g	Protein	9.4 g	Calcium	140 mg

INGREDIENTS

- 5 ounces turkey breakfast sausage (4 small links), casings removed
- 1 teaspoon canola oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 4 large eggs
- 4 large egg whites
- 2½ cups low-fat milk
- 1 teaspoon dry mustard
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded extra-sharp Cheddar cheese, divided
- 10 slices white bread, crusts removed

DIRECTIONS

1. Coat a 9-by-13-inch baking dish with cooking spray.
2. Cook sausage in a skillet over medium heat, crumbling with a fork, until browned. Transfer to a bowl.
3. Add oil, onion, and bell pepper to skillet; cook, stirring occasionally, until vegetables soften, about 5 minutes. Add sausage and cook, stirring, until vegetables begin to brown, about 5 minutes more. Remove from heat and set aside.
4. Whisk eggs and egg whites in a large bowl until blended. Whisk in milk, mustard, salt, and pepper. Stir in ⅓ cup Cheddar.
5. Arrange bread in a single layer in prepared baking dish. Pour egg mixture over bread and top with reserved vegetables and sausage. Sprinkle with remaining ⅓ cup Cheddar. Cover with plastic wrap and refrigerate for at least 5 hours or overnight.
6. Preheat oven to 350° F.
7. Bake casserole, uncovered, until set and puffed, 40 to 50 minutes. Serve hot.



TO MAKE AHEAD

Prepare through Step 5, cover, and refrigerate overnight.

Chocolate Pancakes with Moon Pie Stuffing

It's breakfast, but it tastes like dessert. Rich, creamy, and oh so chocolaty—packed with 7 grams of protein per serving.



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1 Dozen 4" chocolate pancakes
(1 serving = 1 chocolate pancake)

Prep time: 25 minutes

Total time: 1 hour

NUTRITION PER SERVING

Calories	194 cal	Cholesterol	36 mg	Phosphorus	134 mg
Total Fat	9 g	Sodium	121 mg	Potassium	135 mg
Saturated Fat	4 g	Carbohydrates	22 g	Dietary Fiber	1 g
Trans Fat	0 g	Protein	7 g	Calcium	67 mg

INGREDIENTS

Moon Pie Filling

- 1 tablespoon unsweetened cocoa powder
- ¼ cup heavy cream
- ½ cup cream cheese, softened
- ½ cup marshmallow cream

Pancakes

- 1 cup flour
- 3 tablespoons sugar
- 3 tablespoons unsweetened cocoa powder
- ½ teaspoon baking soda
- 1 tablespoon lemon juice
- 1 egg
- 1 cup 2% milk
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract
- ⅔ cup Body Fortress® vanilla whey protein powder
- Powdered sugar, for serving

DIRECTIONS

Moon Pie Filling

1. Beat cocoa and heavy cream together until stiff peaks are formed.
2. Whip in cream cheese, marshmallow cream, and whey protein powder for about a minute or until well blended, but don't overbeat. Cover and set aside in fridge.

Pancakes

1. Mix all the dry ingredients together in a large bowl and set aside.
2. Mix all the wet ingredients in a medium-sized bowl.
3. Slowly fold in wet ingredients to the dry ingredients just until wet, but don't overmix.
4. Cook the pancakes on a lightly oiled griddle on medium heat or 375° F.
5. Use about ⅓ cup of batter to form 4-inch pancakes, flipping when they start to bubble.
6. Top the first 12 pancakes with equal portions of the Moon Pie Filling; top those with the other 12 pancakes and serve dusted with powdered sugar.

Easy Turkey Breakfast Burritos

Want an easy but satisfying breakfast? Sauté ground turkey with onions, peppers, and spices; combine with scrambled eggs and cheese; and serve in burrito wraps. Quick, easy, and yummy.



Serves 8 (1 serving = 1, 6" burrito)

Prep time: 10 minutes

Total time: 20 minutes

NUTRITION PER SERVING

Calories	407 cal	Cholesterol	237 mg	Phosphorus	359 mg
Total Fat	24 g	Sodium	513 mg	Potassium	285 mg
Saturated Fat	7 g	Carbohydrates	23 g	Dietary Fiber	2 g
Trans Fat	0 g	Protein	25 g	Calcium	209 mg

INGREDIENTS

- 1 pound ground turkey or 1 pound leftover turkey meatloaf, cubed small
- 8 6-inch flour burrito shells
- ¼ cup canola oil
- 8 beaten eggs, scrambled
- ¼ cup diced onions
- ¼ cup fresh bell peppers (red, yellow, or green), diced
- 2 tablespoons seeded jalapeño peppers
- 2 tablespoons fresh scallions, chopped
- 2 tablespoons fresh cilantro, chopped
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- 1 cup shredded Monterey Jack and Cheddar cheese

DIRECTIONS

1. Sauté turkey or meatloaf, onions, peppers, scallions, and cilantro in half the oil until translucent. Stir in spices and then turn off heat.
2. Using another large sauté pan, set pan to medium-high heat and add in remaining oil and scrambled eggs.
3. Place equal amounts of vegetable and meatloaf mix, cheese, and eggs in burrito shells, then fold and serve.



To add lots of bold flavor, be sure to chop the leftover meatloaf into small cubes before you sauté with the onions, peppers, scallions, and cilantro.

Cheesesteak Quiche

Cheesesteak meets quiche in this delicious mash-up. Whether you love quiche, cheesesteak, or both, you'll find this delish dish right up your alley. Great eating for any time of the day.



Serves 6 (1 serving = 1/6 quiche) | Prep time: 15 minutes | Total time: 1 hour

NUTRITION PER SERVING

Calories	527 cal	Cholesterol	240 mg	Phosphorus	281 mg
Total Fat	19 g	Sodium	392 mg	Potassium	308 mg
Saturated Fat	17 g	Carbohydrates	22 g	Dietary Fiber	1 g
Trans Fat	1 g	Protein	22 g	Calcium	137 mg

INGREDIENTS

- 1/2 pound shaved sirloin steak
- 1 cup onions, diced
- 2 tablespoons canola oil
- 1/2 cup pepper jack cheese, shredded
- 5 eggs, beaten
- 1 cup cream
- 1" x 9" deep par-cooked prepared piecrust*
- 1/2 teaspoon ground black pepper

DIRECTIONS

1. Chop the shaved sirloin into coarse pieces.
2. Sauté chopped steak and onions in a sauté pan with oil until meat is browned through. Set aside to cool slightly for 10 minutes. Fold in cheese and let sit.
3. In a large bowl, beat eggs and cream together with black pepper until thoroughly mixed.
4. Spread steak and cheese mix onto bottom of par-cooked piecrust, then pour egg mixture over the top and bake at 350° F for 30 minutes.
5. Cover cheesesteak quiche with foil and turn off oven. Let the quiche set for 10 minutes, then serve.



*To par-cook, prick crust with fork and bake for 5–7 minutes at 350° F, being sure not to let it burn; par-cooking prevents the shell from being soft and wet at the bottom and also from bubbling up or having the crust sag.

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Diana Croxton

Fresenius Kidney Care
Registered and Licensed Dietitian, LD/N



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