

Moon Pies: A Recipe For People on a Regular Renal Diet

½ Cup Milk
2 tsp. Lemon Juice
½ Cup Margarine
1 Cup Sugar
1 Egg

2 Cups Flour
1/3 Cup Unsweetened Cocoa
1 tsp. Baking Soda
½ Cup Hot Water

2 tbs. Margarine
1 tbs. Milk
1 Cup Confectioners' Sugar
1 tsp. Vanilla or 1/8 tsp. Peppermint Extract

Combine ½ cup milk and lemon juice. Set aside. Cream ½ cup margarine and sugar. Add egg, and beat well. Add flour and cocoa alternately with baking soda dissolved in hot water and the milk mixture. Using large teaspoonfuls, drop onto the cookie sheet. Bake at 375 degrees for 8-10 minutes.

To make the icing, combine two tbs. margarine, 1 tbs. milk, Confectioners' sugar and flavoring. Beat until creamy. Tint with food coloring, if desired. When the cookies are cool, fill them sandwich style with frosting. Makes 18 sandwich cookies.

Each sandwich cookie equals one salted starch and one calorie booster. Each cookie has 195 cal., 2.6 g of protein, 6 g of fat, 31 g carb., 152 mg of sodium, and 57 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation's *Creative Cooking for Renal Diets*, by the Cleveland Clinic Foundation's Department of Nutrition Services, Pat Ellis, MS, RD, published by Senay Publishing, Inc. They are reprinted with the kind permission of Jim Senay, Patient Support Services (www.patientsupport.net). Always check with your healthcare team to know which foods are best for you.