

A top-down view of a dark grey bowl filled with a vibrant orange soup. The soup is garnished with a swirl of white cream, a fresh green parsley leaf, and a sprinkle of black pepper. The bowl sits on a piece of brown burlap fabric. In the background, there are wooden bowls and a black plate with bread.

Nephure[™]
OXALATE REDUCING ENZYME

holiday
COOKBOOK

A collection of our favorite fall & winter holiday recipes

Self-Crust Pumpkin Pie

Thanksgiving

LOW
OXALATE



Ingredients:

- ½ c fat-free egg substitute
- 16 oz can pure pumpkin
- ½ tsp liquid Stevia
- ¼ c unsweetened applesauce
- ¼ tsp salt
- 1 tsp mace
- 3 tbsp coconut flour
- 1 c dry milk
- 1 c water

Directions:

1. Mix all ingredients except water together in a large bowl.
2. Gradually stir in water until well mixed.
3. Spray a 9-inch pan with cooking spray. Pour batter into pan.
4. Bake at 350° F for 45-55 minutes or until knife inserted 1 inch from the center comes out clean.

Nutrition Facts:

Servings	8.0
Calories Per Serving	77
% Daily Value*	
Total Fat 1 g	1 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 159 mg	7 %
Potassium 26 mg	1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 3 g	10 %
Sugars 8 g	
Protein 6 g	11 %
Vitamin A	121 %
Vitamin C	3 %
Calcium	1 %
Iron	6 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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Pumpkin Cheesecake Brownies

Thanksgiving

OXALATE
PACKED



This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

Brownie Batter

- ¾ c melted butter
- ½ c sugar
- 1 tbsp pure vanilla extract
- 4 egg whites
- ¼ c all-purpose flour
- ¼ c whole wheat flour
- ½ c cocoa powder
- ¼ tsp salt
- 2 tsp cinnamon
- 1 tbsp instant coffee

Cheesecake Batter

- 6 oz neufchatel cheese, softened
- 2 egg whites
- ⅓ c sugar
- 2 tbsp all-purpose flour
- ½ c pumpkin puree
- ¼ tsp pure vanilla extract
- ½ tsp cinnamon
- ¼ tsp each ground nutmeg and ground cloves

Directions:

1. Preheat oven to 350° F. Spray a 9x9 inch square metal baking pan with baking spray.
2. Beat together melted butter, sugar, and vanilla, and then beat in 4 egg whites. Combine dry ingredients, and then gradually stir into butter mixture. In separate bowl, beat together cheesecake batter ingredients.
3. Spread about ⅔ of brownie batter into pan, and spoon cheesecake batter over. Drop remaining brownie batter over cheesecake batter. Swirl the batters using a toothpick.
4. Bake for 40 minutes, or until toothpick comes out clean. Cool completely on wire rack and chill before cutting and serving.

Nutrition Facts:

Servings	12.0
Calories Per Serving	231
% Daily Value*	
Total Fat 15 g	23 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 132 mg	6 %
Potassium 87 mg	2 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 2 g	8 %
Sugars 10 g	
Protein 5 g	9 %
Vitamin A	34 %
Vitamin C	1 %
Calcium	3 %
Iron	4 %

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Butternut Squash and Apple Soup

Thanksgiving

LOW
OXALATE



Nutrition Facts:

Servings	12.0
Calories Per Serving	154
% Daily Value*	
Total Fat 3 g	4 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 152 mg	6 %
Potassium 171 mg	5 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	17 %
Sugars 13 g	
Protein 5 g	10 %
Vitamin A	242 %
Vitamin C	46 %
Calcium	10 %
Iron	6 %

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Ingredients:

- 2 tbsp unsalted butter
- 1 medium yellow onion, chopped
- 1 butternut squash, about 3 lb, peeled, seeded & cut into 1 inch cubes
- 6 c low-sodium chicken broth
- 4 medium Granny Smith apples, peeled, cored & chopped
- ¼ tsp mace
- 2 c fat-free half & half
- Salt & freshly white pepper, to taste

Directions:

1. In a large soup pot, over medium heat, melt butter and sauté the onion, stirring occasionally, until tender—about 4-6 minutes.
2. Add the squash and broth, bring to a boil, and reduce heat to medium-low.
3. Simmer, stirring occasionally, until the squash is tender when pierced with a fork.
4. Add chopped mace.
5. Simmer until the apples until they are tender.
6. Using a food processor or blender, combine all ingredients and puree until smooth. Be extremely careful not to overfill the processor/blender container, which could cause severe burns.
7. Return the soup to the pot and stir in half and half. Season, to taste with salt and pepper.

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Sausage Stuffing

Thanksgiving

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This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

- 1 lb ground chicken sausage
- ¾ c chopped onion
- 1½ c finely diced celery
- ¾ c margarine, melted
- 8 c bread cubes
- 3 tsp poultry seasoning
- ¼ tsp ground black pepper

Directions:

1. Cook sausage, and then drain excess drippings from the pan. Save the grease for the next step.
2. Melt margarine, and then add enough to sausage drippings to make 1 cup.
3. Sauté onions and celery in margarine/dripping mixture until onion is tender. **DO NOT BROWN.** Stir in about ⅓ bread cubes. Put in big bowl and add remaining bread cubes, poultry seasoning and pepper. Watch your hands, it's hot. Mix well.
4. Cover the mixture in a buttered casserole dish. Cook the mixture for 30 minutes at 350° F.
5. Cover and baste with turkey drippings occasionally.

Nutrition Facts:

Servings	12.0
Calories Per Serving	428
% Daily Value*	
Total Fat 13 g	20 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 44 mg	15 %
Sodium 730 mg	30 %
Potassium 130 mg	4 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 3 g	12 %
Sugars 6 g	
Protein 19 g	38 %
Vitamin A	5 %
Vitamin C	2 %
Calcium	12 %
Iron	17 %

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Garlic Sage Turkey

Christmas

LOW
OXALATE



Ingredients:

- ½ c butter, softened
- 2 tbsp fresh sage, chopped
- 2 large cloves garlic, minced
- 10-12 lb turkey
- Sage leaves (optional)

Directions:

1. Stir together the butter, sage and garlic.
2. Spread butter mixture on the skin of the turkey and arrange sage leaves under the skin if desired.
3. Roast turkey according to label directions (based on turkey size).
4. Use remaining butter mixture to baste the turkey during roasting.

Nutrition Facts:

Servings	24.0
Calories Per Serving	285
% Daily Value*	
Total Fat 17 g	26 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 144 mg	48 %
Sodium 159 mg	7 %
Potassium 5 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 37 g	74 %
Vitamin A	3 %
Vitamin C	0 %
Calcium	1 %
Iron	14 %

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Slow Cooker Beef Brisket

Christmas

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This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Nutrition Facts:

Servings	8.0
Calories Per Serving	334
% Daily Value*	
Total Fat 15 g	23 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 1237 mg	52 %
Potassium 100 mg	3 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 1 g	5 %
Sugars 17 g	
Protein 26 g	51 %
Vitamin A	8 %
Vitamin C	14 %
Calcium	1 %
Iron	3 %

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Ingredients:

- 1½ lbs beef brisket, trimmed
- Marinade and cooking liquid
- 3 garlic cloves
- 1 Anaheim chili, sliced in half and seeds removed*
- ½ small onion, chopped (about ½ c)
- 1 tbsp brown sugar
- ¼ tsp black pepper
- 1 tsp dried oregano
- 1½ tsp chili powder
- ½ tsp paprika
- 1 tsp Dijon mustard
- 2 tbsp no salt added tomato paste
- ¼ c apple cider vinegar
- 1½ c homemade or low-sodium chicken or beef stock

Directions:

1. Trim the brisket, and then puree all the ingredients for the marinade in a blender or small food processor.
2. Pour the mixture into a glass dish with a lid, add the brisket, and flip the meat over to ensure it's covered on all sides.
3. Cover and refrigerate overnight.
4. In the morning, add the brisket and the marinade to the slow cooker. Cover and cook on low for eight or nine hours, until the meat is tender. Slice the meat against the grain or shred with two forks.

Serving Size: 24 ounces before cooking yields 18 ounces of brisket, 3 ounces per serving.

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Green Bean Salad Recipe

Christmas

LOW
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Ingredients:

- 1 lb fresh string beans
- 1 tbsp sherry vinegar
- 1 tbsp Dijon mustard
- ½ tbsp kosher salt
- ⅓ c dried cranberries
- 1 shallot, thinly sliced
- 1 oz blue cheese (or feta cheese)

Directions:

1. Blanch the green beans in a large pot of salted boiling water until tender-crisp.
2. Remove the green beans from the water and run under cold water to stop the cooking. Drain/dry well.
3. Wisk together oil, vinegar, and Dijon mustard in a small bowl. Stir in salt.
4. Add the cool beans to a large bowl and toss in cranberries and shallots and drizzle with the vinaigrette.
5. Place on serving dish and sprinkle with blue cheese (or feta).

Nutrition Facts:

Servings	4.0
Calories Per Serving	72
% Daily Value*	
Total Fat 2 g	3 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 525 mg	22 %
Potassium 85 mg	2 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 1 g	5 %
Sugars 8 g	
Protein 2 g	4 %
Vitamin A	5 %
Vitamin C	3 %
Calcium	5 %
Iron	2 %

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Apple-Bacon Brussel Sprouts

Christmas

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This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

- 2 c Brussels sprouts, washed and quartered
- 3 slices center cut bacon, fat trimmed
- 1 tart, crisp apple, cored and cut into chunks
- ¼ c unsweetened apple juice
- 2 tbsp diced red onion
- Salt and pepper to taste

Directions:

1. Heat a large skillet over medium heat and add bacon strips. Cook the bacon until brown and crispy.
2. Remove the bacon to a cutting board and slice into 1 inch pieces.
3. Reserve 1 tablespoon of the bacon drippings and discard the rest.
4. Add Brussels sprouts and apples.
5. Pour in the apple juice.
6. Cook over medium heat, stirring occasionally, about 10 minutes or until sprouts turn bright green and tender.
7. Add bacon back to the skillet, and cook for 2 more minutes.
8. Season to taste with salt and pepper. Serve immediately.

Nutrition Facts:

Servings	6.0
Calories Per Serving	54
% Daily Value*	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 132 mg	5 %
Potassium 173 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 5 g	
Protein 2 g	5 %
Vitamin A	5 %
Vitamin C	49 %
Calcium	3 %
Iron	3 %

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Cauliflower Fritters

Chanukah

LOW
OXALATE



Ingredients:

- 2 c cooked cauliflower florets
- 1 egg, beaten
- ¼ c green onions, minced
- 2 tbsp parmesan cheese, grated
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tbsp chopped fresh cilantro

Directions:

1. In a large mixing bowl mash cooked cauliflower.
2. Add egg, onion, parmesan, and spices. Mix well and form 6 fritter patties.
3. Coat nonstick skillet with cooking spray and cook until golden brown on each side.

Makes 6 patties.

Nutrition Facts:

Servings	6.0
Calories Per Serving	132
% Daily Value*	
Total Fat 2 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 32 mg	11 %
Sodium 68 mg	3 %
Potassium 438 mg	13 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	13 %
Sugars 1 g	
Protein 7 g	15 %
Vitamin A	1 %
Vitamin C	5 %
Calcium	6 %
Iron	12 %

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Broccoli Fritters

Chanukah

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This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

- 1 c cooked broccoli, chopped
- 2 egg whites, beaten
- ¼ c parmesan cheese, grated
- 2 tbsp fat free pancake mix
- ¼ tsp garlic powder
- ¼ tsp Italian seasoning
- A few twists of black pepper

Directions:

1. Coarsely chop broccoli. Add remaining ingredients. Mix until combined.
2. Using an ice cream scoop, form the mixture into patties. Lightly press down. Place in a non-stick pan that has been sprayed with Pam.
3. Cook on low to medium heat till browned on one side—about 5 minutes. Flip, pat down slightly and cook till browned on other side, about 5 minutes.

Serving Size: Serves 4

Nutrition Facts:

Servings	4.0
Calories Per Serving	151
% Daily Value*	
Total Fat 7 g	11 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 18 mg	6 %
Sodium 539 mg	22 %
Potassium 96 mg	3 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	3 %
Sugars 1 g	
Protein 12 g	24 %
Vitamin A	6 %
Vitamin C	34 %
Calcium	33 %
Iron	2 %

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Peaches n' Cream Kugel



Chanukah

LOW
OXALATE

Nutrition Facts:

Servings	12.0
Calories Per Serving	448
% Daily Value*	
Total Fat 25 g	38 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 47 mg	16 %
Sodium 72 mg	3 %
Potassium 76 mg	2 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 3 g	13 %
Sugars 26 g	
Protein 6 g	12 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	3 %
Iron	11 %

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Ingredients:

- 1 lb bag whole wheat egg noodles
- 1 ½ c egg substitute (such as Egg Beaters—equivalent to 6 whole eggs)
- 16 oz 2% milk-fat cottage cheese
- 1 c 2% milk
- 2 tbsp low-fat sour cream
- 2 tsp vanilla extract
- 16 oz can peaches, packed in water, drained and chopped
- 4 tbsp Splenda Sugar Blend for Baking
- 1 tsp baking powder
- ¼ c melted unsalted butter
- Non-stick butter-flavored cooking spray

Directions:

1. Cook egg noodles in boiling water for 10 minutes. Drain well.
2. Whisk egg substitute, milk, sour cream, butter, vanilla extract, Splenda and baking powder together in large bowl.
3. Add cottage cheese and chopped peaches.
4. Mix well. Add noodles.
5. Pour into a large square or rectangular glass pan sprayed with non-stick butter-flavored cooking spray. Bake for ½ hour at 350° F, then 400° F for 15 to 30 minutes, until firmly set.

Makes about 12 servings.

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Chocolate Chip Mandelbrot

Chanukah

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This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

- 3 eggs
- ¾ c vegetable oil
- 1 c sugar
- 1 tsp vanilla extract
- 3 c all-purpose flour
- ¼ tsp salt
- 1 tsp baking powder
- 1 c mini semisweet chocolate chips
- 1 c coarsely chopped almonds

Directions:

1. Preheat oven to 350° F. Lightly grease a cookie sheet.
2. Beat together the eggs, oil, sugar, and vanilla extract until well blended. Sift together the flour, salt, and baking powder; and stir into the egg mixture until well mixed. Fold in the chocolate chips and almonds. Form two logs, three inches in diameter, and place onto the baking sheets.
3. Bake in preheated oven for 25 minutes, then remove from the oven and cut into 1 inch diagonal slices. Lay the slices on their sides on the cookie sheet and return to the oven for 10 minutes. Remove to cool on a wire rack.

Nutrition Facts:

Servings	30.0
Calories Per Serving	179
% Daily Value*	
Total Fat 10 g	15 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 19 mg	6 %
Sodium 29 mg	1 %
Potassium 31 mg	1 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 1 g	5 %
Sugars 10 g	
Protein 2 g	5 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %

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Turkey Cocktail Meatballs with Cranberry Glaze

New Year's Eve

LOW
OXALATE



Ingredients:

- 1 ¼ lbs ground turkey
- ¼ tsp poultry seasoning
- ½ tsp garlic salt
- 1 tsp onion powder
- 1 tsp of salt
- ½ tsp white pepper
- ¼ tsp of Worcestershire sauce
- 1 pinch cayenne pepper
- 1 large egg, beaten
- ¼ c skim milk
- ½ c gluten-free Panko breadcrumbs
- 1 tbsp olive oil
- 1 c canned jellied cranberry sauce
- ½ c chicken broth
- 1 tbsp minced jalapeno pepper (optional)
- White pepper to taste

Directions:

1. Mix the turkey, poultry seasoning, garlic salt, onion powder, salt, pepper, Worcestershire sauce, and cayenne pepper together in a bowl. Stir in the egg, milk, and bread crumbs. Cover with plastic and refrigerate for 1 hour.
2. Heat olive oil in skillet over medium heat. Roll the turkey mixture into balls (approx 20), about one tablespoon each. Place the meatballs in a single layer in the skillet. Brown meatballs on all sides, flipping occasionally. Place browned meatballs on a clean baking sheet. Set aside.
3. Combine cranberry sauce and chicken broth over medium heat in the skillet used to cook the meatballs. Stir in the jalapeno, then return meatballs to skillet. Reduce heat to medium-low, and continue to cook until the meatballs are no longer pink in the center and glaze is reduced. Season with white pepper.

Nutrition Facts

Servings	20.0
Calories Per Serving	90
% Daily Value*	
Total Fat 3 g	5 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 29 mg	10 %
Sodium 39 mg	2 %
Potassium 80 mg	2 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 1 g	4 %
Sugars 6 g	
Protein 6 g	13 %
Vitamin A	7 %
Vitamin C	57 %
Calcium	1 %
Iron	3 %

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Steak Fries Bites

New Year's Eve

OXALATE
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This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

- 1 lb flank steak, pounded ¼-inch thick
- 2 tbsp extra-virgin olive oil
- 1 tbsp freshly chopped rosemary
- 1 tbsp Dijon mustard
- 2 tbsp Worcestershire sauce
- Kosher salt
- Freshly ground black pepper
- ½ (1 lb) bag frozen French fries
- Steak sauce, for serving

Directions:

1. Preheat oven according to French fry package directions. Slice steak against the grain, on the diagonal, into thin 2-inch-long strips.
2. In a large bowl, whisk together olive oil, rosemary, Dijon, and Worcestershire, then add steak and toss to coat. Let marinate in the fridge, at least 15 minutes and up to 2 hours. When ready to grill, generously season with salt and pepper.
3. Meanwhile, bake frozen fries according to package directions. Let cool slightly.
4. Heat a grill to medium-high or heat a grill pan over medium-high heat. Grease grates or pan with vegetable oil. Place four to five baked French fries on top of a piece of steak and roll up; secure with a toothpick. Repeat until all steak and fries are used up.
5. Grill until charred, about 2 minutes per side for medium-rare.
6. Drizzle with steak sauce before serving.

Nutrition Facts:

Servings	8.0
Calories Per Serving	180
% Daily Value*	
Total Fat 10 g	15 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 38 mg	13 %
Sodium 402 mg	17 %
Potassium 155 mg	4 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 1 g	3 %
Sugars 2 g	
Protein 13 g	25 %
Vitamin A	0 %
Vitamin C	9 %
Calcium	1 %
Iron	7 %

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Crab Cake Bites

New Year's Eve

LOW
OXALATE



Ingredients:

- Cooking spray, for pan
- 6 oz lump crab meat
- 6 oz low-fat cream cheese, softened to room temperature
- 1 egg, lightly beaten
- ¾ c Greek yogurt
- ½ c finely grated parmesan, divided
- 2 tsp lemon juice
- 1 tsp lemon zest
- Pinch cayenne pepper
- 2 tbsp finely chopped chives, divided
- Kosher salt
- Freshly ground white pepper
- 1 c gluten-free panko bread crumbs
- 3 tbsp butter, melted

Directions:

1. Preheat oven to 350° F. Grease a 24-cup mini muffin pan with cooking spray.
2. Combine crab meat, cream cheese, egg, ⅓ cup parmesan, ¼ cup yogurt, lemon zest, 1 teaspoon lemon, cayenne pepper and about 1 tablespoon chives in a large bowl. Season with salt and white pepper, and then stir until evenly combined.
3. In a separate bowl, combine remaining parmesan, Panko bread crumbs and melted butter. Divide mixture between muffin pan cups and press around the edges of cup to make a crust. Spoon the crab mixture into each cup.
4. Bake until the edges begin to turn golden, 20 to 25 minutes.
5. Meanwhile, make dipping sauce. Combine ½ cup yogurt, remaining chives and 1 teaspoon lemon juice. Stir to combine.
6. Serve crab cake bites warm or at room temperature with dipping sauce.

Nutrition Facts

Servings	8.0
Calories Per Serving	189
% Daily Value*	
Total Fat 13 g	20 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 353 mg	15 %
Potassium 45 mg	1 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 1 g	3 %
Sugars 3 g	
Protein 11 g	21 %
Vitamin A	14 %
Vitamin C	37 %
Calcium	17 %
Iron	8 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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OXALATE REDUCING ENZYME

Four-Cheese Margherita Pizza

New Year's Eve

OXALATE
PACKED



This is not a low-oxalate recipe; but Nephure allows you to enjoy more of the foods you've missed.

Ingredients:

- ¼ cup olive oil
- 1 tbsp minced garlic
- ½ tsp sea salt
- 8 Roma tomatoes, sliced
- 2 (12-inch) pre-baked pizza crusts
- 8 oz shredded mozzarella cheese
- 4 oz shredded fontina cheese
- 10 fresh basil leaves, washed, dried
- ½ c freshly grated parmesan cheese
- ½ c crumbled feta cheese

Directions:

1. Stir together olive oil, garlic, and salt; toss with tomatoes, and allow to stand for 15 minutes. Preheat oven to 400° F.
2. Brush each pizza crust with some of the tomato marinade. Sprinkle the pizzas evenly with mozzarella and fontina cheeses.
3. Arrange tomatoes on the pizza, and then sprinkle with shredded basil, parmesan, and feta cheese.
4. Bake in preheated oven until the cheese is bubbly and golden brown, about 10 minutes.

Nutrition Facts:

Servings	16.0
Calories Per Serving	267
% Daily Value*	
Total Fat 16 g	24 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 426 mg	18 %
Potassium 42 mg	1 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	7 %
Sugars 0 g	
Protein 15 g	30 %
Vitamin A	16 %
Vitamin C	19 %
Calcium	35 %
Iron	3 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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