



# **Munchies: Kidney-Friendly Smoothies, Snacks & Sandwiches**

*louise Stanley*

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Fight renal disease with good food to inspire and simplify healthy living! 'Munchies' offers over 100 pages of nourishing recipes and practical suggestions to enhance your daily cooking – with a focus on foods you can munch on while hooked up during dialysis. Not only are these recipes delicious and easy to make, but they all feature kidney-friendly foods and simple options to make delicious food that the whole family can enjoy.

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