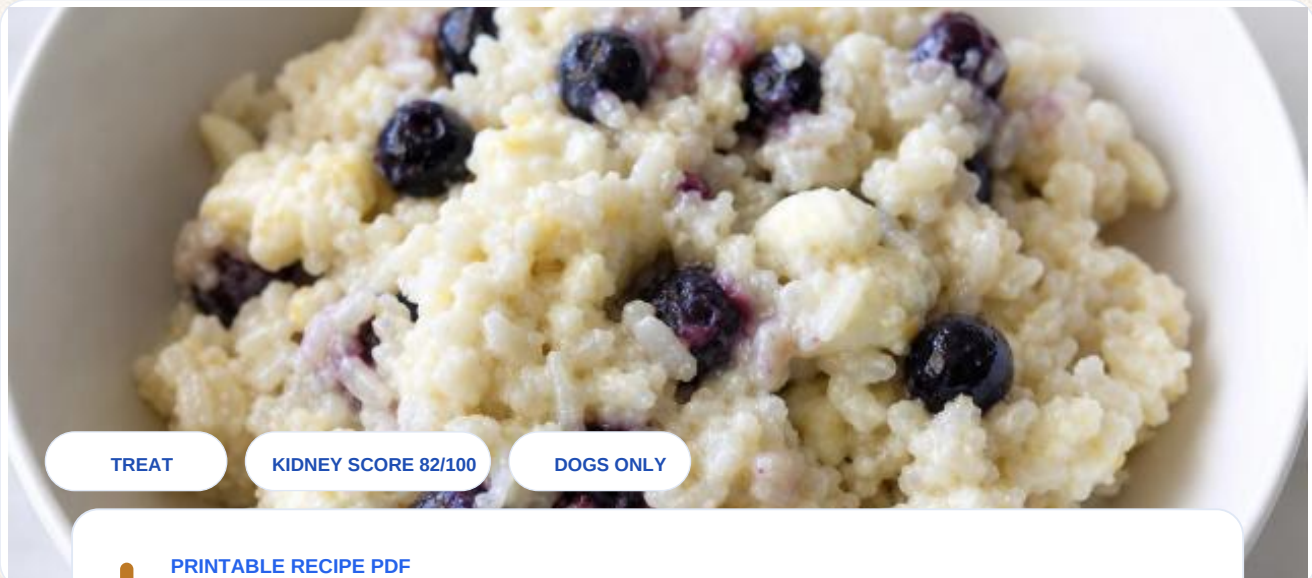




TREAT

KIDNEY SCORE 82/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Blueberry and Egg White Rice Bites

Blueberry and Egg White Rice Bites is a homemade Treat idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list,

TYPE

Treat

COOK

30 minutes

PHOSPHORUS

0.1% estimate

SCORE

82/100

SHOPPING LIST

Ingredients

- 1 cup cooked white rice
- 2 large egg whites
- 1/2 cup blueberries (fresh or frozen, unsweetened)
- 1 tablespoon fish oil (for omega-3s)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Blueberry and Egg White Rice Bites is a homemade Treat idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list, step-by-step preparation, kidney-focused nutrient estimates and veterinary safety guidance. Nutrient values are estimates; confirm ingredients, portions and supplements with

IMPORTANT

This is an AI-generated educational recipe idea, not veterinary advice or a complete prescription diet. Confirm ingredients, portions and supplements with your veterinarian before feeding.

METHOD

Step-by-step instructions

1

Preheat your oven to 350°F (175°C). This gentle heat will help cook the bites evenly while preserving nutrients that support kidney health.

2

In a mixing bowl, whisk together the egg whites until they are frothy. Egg whites are a good source of high-quality protein and are low in phosphorus, making them a suitable choice for your dog's kidney diet.

3

Add the cooked white rice to the bowl and mix well. Rice provides energy while being low in phosphorus, which is important to manage in dogs with CKD.

4

Fold in the blueberries gently. Blueberries are a source of antioxidants and provide flavor without adding excess phosphorus or sodium.

5

Drizzle in the fish oil and mix until everything is well combined. Omega-3 fatty acids from fish oil can help reduce inflammation and support kidney function.

6

Scoop small portions of the mixture onto a lined baking sheet, shaping them into bite-sized balls. Portioning by weight is key to ensuring your dog receives the right amount of nutrients without overfeeding.

7

Bake for about 20 minutes or until the bites are firm and lightly golden. Baking at a moderate temperature helps to keep the texture while ensuring that the nutrients remain intact.

8

Allow the bites to cool completely before serving. Cooling helps to set the texture and makes them easier for your dog to chew.

KEY NUTRIENT ESTIMATES

Phosphorus

0.1% estimate

Sodium

0.05% estimate

Protein

10% estimate

Kidney-Friendly Score

82/100**SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN**

- calcium source
- omega-3/fish oil
- B-complex

VETERINARY SAFETY NOTE

Confirm with your vet before feeding, transition gradually, and monitor your dog for any changes. Homemade recipes alone are typically not nutritionally complete, so ensure they fit into his overall dietary plan.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AIKidneyDogDiet.com