



# Recipe Guide

UCD trio™ is a powdered essential amino acid medical food for the dietary management of Urea Cycle Disorders. Always consult your healthcare professional before making any changes to your diet.

## Choose Your Flavor!

UCD trio™ is unflavored and can easily be mixed with other low protein foods, to meet individual taste preferences.

<p><b>Flavor with:</b></p>	<p>Chocolate syrup          Flavored coffee syrups          Fruit punch          Liquid water enhancers</p>
<p><b>Blenderize with:</b></p>	<p>Fresh or frozen berries          Watermelon          Fresh or frozen mango          Banana slices          Spinach or other leafy greens</p>
<p><b>Stir into:</b></p>	<p>Fruit flavored or cinnamon apple sauce          Pudding made with a low-protein nondairy beverage (soy, almond or coconut milk)          Dairy-free coconut milk yogurt alternative          Fruit sorbet</p>

### USE UNDER MEDICAL SUPERVISION

For enteral use only. Not for use as a sole source of nutrition.

The UCD trio™ recipe and mixing suggestions have been tested using the ingredients/brands mentioned. Other similar products may be used instead.

Please discuss the suitability of these ingredients with your healthcare professional.



Innovation in Nutrition

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## Featured Recipes

Created by Debra Geary Hook, MPH, RD, Nutrition Solutions

<p><b>Banana Date Smoothie</b></p>	<p>¾ cup Rice Dream™ Rice Drink, Original ½ cup So Delicious® Dairy-free Coconut Milk Yogurt Alternative, Plain ½ cup ice 8 Medjool dates, pitted 1 large banana, slightly frozen ¼ teaspoon vanilla extract ¼ teaspoon almond extract 33 g (2 level scoops) UCD trio™ Add all ingredients to a blender. Blend until smooth.</p> <hr/> <p>Makes 2 (8–10 fl. oz.) servings. <b>Nutrition Info (per serving):</b> Calories 480, Total Protein 6 g, Protein Equivalent from UCD trio™ 2.5 g</p>
<p><b>Carrot Smoothie</b></p>	<p>5 fl. oz. (150 ml) carrot juice ¼ cup raw kale, chopped ¾ cup ice 1 large banana, slightly frozen ½ cup frozen mango 1 teaspoon chia seeds ½ cup Rice Dream™ Rice Drink, Original 33 g (2 level scoops) UCD trio™ Fresh ginger, grated (optional) Add all ingredients to a blender. Blend until smooth. Try adding grated ginger for extra zing!</p> <hr/> <p>Makes 2 (8 fl. oz.) servings. <b>Nutrition Info (per serving):</b> Calories 210, Total Protein 5 g, Protein Equivalents from UCD trio™ 2.5 g</p>
<p><b>Wild Berry Booster</b></p>	<p>¾ cup ice ¼ cup frozen blueberries ¼ cup frozen blackberries ¼ cup frozen raspberries ½ large banana 4 fl. oz. (120 ml) pomegranate juice ½ cup So Delicious® Dairy-free Coconut Milk Yogurt Alternative, Plain 1 squirt Cherry Blackberry MiO® Liquid Water Enhancer 33 g (2 level scoops) of UCD trio™ Add all ingredients to a blender. Blend until smooth.</p> <hr/> <p>Makes 2 (8 fl. oz.) servings. <b>Nutrition Info (per serving):</b> Calories 210, Total Protein 4 g, Protein Equivalents from UCD trio™ 2.5 g</p>

## Quick & Easy!

<p><b>Lemon Delight</b></p>	<p>33 g (2 level scoops) UCD trio™ 1 serving Lemon pudding (Snack Pack®) 1 Squirt MiO® Lemonade Liquid Water Enhancer</p> <p>Combine all ingredients in a small bowl, and mix well. Serve chilled.</p>
<p><b>Mango Peach Applesauce</b></p>	<p>33 g powder (2 level scoops) UCD trio™ 1 serving Mott's® Mango Peach Applesauce (approx. ½ cup)</p> <p>Combine ingredients in a small bowl; and serve immediately.</p> <hr/> <p><b>Nutrition Info:</b> Calories 220, Total Protein 5 g, Protein Equivalent from UCD trio™ 5 g</p>
<p><b>Chocolate Shake</b></p>	<p>33 g powder (2 level scoops) UCD trio™ 2 ½ tablespoons chocolate syrup 5 fl. oz. (150 ml) water</p> <p>Add UCD trio and chocolate syrup to water. Mix well and serve chilled.</p> <hr/> <p><b>Nutrition Info:</b> Calories 240, Total Protein 5 g, Protein Equivalent from UCD trio™ 5 g</p>

Consider adding  
½ teaspoon  
instant coffee for a  
Chocolate Mocha  
Shake.

USDA FoodData Central database was used for the nutrition analysis.

SNACK PACK is a registered trademark of Conagra Brands, Inc., MIO is a registered trademark of Kraft Foods Group Brands LLC, MOTTS is a registered trademark of Mott's LLP, RICE DREAM is a registered trademark of Hain Celestial Group, Inc., SO DELICIOUS is a registered trademark of WhiteWave Foods Company.

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