



Gingerbread Latte



Preparation time: 2 minutes
Recipe makes: 1 serving

Ingredients

3 fl oz cold brew coffee
1 fl oz non-dairy gingerbread liquid creamer
1 packet PKU sphere20, vanilla

Directions

- 1 Pour cold brew coffee and creamer into a mixer cup.
- 2 Add PKU sphere.
- 3 Shake until mixed well.
- 4 Pour into your favorite glass. Enjoy!

Nutrition Info:

Calories: 190 | Protein Equivalent: 20 g
Natural Protein: 0.5 g | Phenylalanine: 53 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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