

Candy Cane Pops



Preparation time: 20 minutes

Recipe makes: 3 servings

Ingredients

- 6 candy canes
- 6 Vitabite™ bars, broken into small chunks
- 3 lollipop sticks
- freeze dried raspberries (optional)*
- rainbow sprinkles (optional)*
- edible glitter spray (optional)*

* Optional ingredients are not included in the nutrition analysis.

Directions

- 1 In a heatproof bowl melt Vitabite over a pan of boiling water.
- 2 Arrange candy canes into 3 heart shapes on a baking tray lined with parchment paper. Cut the straight edges of the candy canes with a knife to create the heart shapes.
- 3 Spoon the melted Vitabite into the candy cane hearts. Insert lollipop sticks halfway into each heart. Add more melted Vitabite until it is level with the top of the candy canes and the lollipop sticks are covered. Smooth the melted Vitabite evenly with a silicon spatula.
- 4 Add decorations such as freeze-dried raspberries, sprinkles, or edible glitter spray if desired; chill in the refrigerator for 10 minutes or until set.

Nutrition Info Per Serving (1 pop):

Calories: 330 | Protein: 0.1 g | Phenylalanine: 5 mg

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

This recipe was analyzed using the MetabolicPro database.

Vitabite™ is a low protein chocolate flavored bar INTENDED FOR USE UNDER MEDICAL SUPERVISION

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