

Pumpkin Spice Latte



Prep time: 2 minutes

Recipe makes: 1

Ingredients

3 fl oz (90 ml) cold brew coffee
2 Tbsp non-dairy pumpkin
pie liquid creamer
1 packet of PKU sphere20,
vanilla flavor

Directions

- 1 Pour cold brew and creamer into a mixer cup.
- 2 Add PKU sphere20.
- 3 Shake until mixed well.
- 4 Pour into your favorite glass. Enjoy!
- 5 Top with a few shakes of pumpkin pie spice, if desired.

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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