

# Valentine's Day S'mores



Preparation time: 20 minutes  
Baking time: 25 minutes  
Recipe makes: 5 servings

## Ingredients

- 1 1/2 cups low protein all-purpose baking mix
- 3/4 cup margarine, softened (room temperature)
- 1/3 cup corn starch
- 1/4 cup sugar
- 1 tsp red food color
- 1 tsp cold water
- 10 vegan marshmallows
- 3 Vitabite™ bars, chopped

## Directions

- 1 Preheat oven to 325° F.
- 2 Combine low protein baking mix, margarine, corn starch and sugar in a large mixing bowl; use a spatula to mix well until a dough forms.
- 3 Mix food color and water together; add to the dough. Knead the dough with your hands until the food color is evenly mixed in.
- 4 Cover a baking tray with parchment paper.
- 5 Roll out dough with a rolling pin between two sheets of parchment paper until a thickness of 1/4 of inch is achieved.
- 6 Cut out ten cookies using a 3-inch heart-shaped cookie cutter and place on baking tray.
- 7 Bake for 20 minutes. Allow five of the cookies to cool on the baking tray. Transfer the other five cookies to a cooling rack.
- 8 Heat your oven's broiler to medium heat.
- 9 Slice each marshmallow into four circles; gently place on top of the five cookies on the baking tray. Top each with Vitabite pieces.
- 10 Place baking tray into the broiler until marshmallows are melted and Vitabite is soft.
- 11 Remove tray from the broiler and top each cookie with one of the cookies from the cooling rack to make a cookie sandwich.
- 12 Allow to cool.

## Nutrition Info Per Serving (1 cookie sandwich)

**Calories: 615 | Protein: 0.2 g | Phenylalanine: 8 mg**

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

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

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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