



NEW FLAVORS Banana and Lemon!



PKU sphere is a formula for use in the dietary management of Phenylketonuria from 3 years of age.

USE UNDER MEDICAL SUPERVISION.

Be sure to check with your healthcare professional before making changes to your diet.



Enhancing Lives Together
A Nestlé Health Science Company

LEMON RECIPES

Mango Lemon Lassi

Prep time 5 minutes | Recipe makes 1 serving

INGREDIENTS

1/2 cup fresh mango, peeled, seeded
1/4 cup milk alternative (coconut, rice or almond)*
1 tsp lemon juice
1/4 cup ice
1 packet PKU sphere20, Lemon flavor

DIRECTIONS

- 1 In a blender (or with an emulsion blender), add fresh mango, milk alternative, lemon juice, and ice. Blend for approximately one minute.
- 2 Pour into 16 fl oz glass and add PKU sphere packet. Mix with a fork for about 30 seconds until smooth. Enjoy!

Nutrition Info

Calories 190 | Protein Equivalent 20 g | Intact Protein 0.5 g | Phenylalanine 55 mg

*Coconut milk was used for the nutritional analysis.

Lemon Breeze "Yogurt"

Prep time 1 minute | Recipe makes 1 serving

INGREDIENTS

5.3 oz/single portion coconut milk yogurt
1 packet PKU sphere20, Lemon flavor

DIRECTIONS

- 1 In a medium-sized bowl, add coconut yogurt.
- 2 Add 1/3 of the PKU sphere packet. Mix gently until the powder is combined.
- 3 Repeat until all of the powder is well mixed.

Nutrition Info

Calories 210 | Protein Equivalent 20 g | Intact Protein 0.7 g | Phenylalanine 69 mg

Lemon Burst

Prep time 1 minute | Recipe makes 1 serving

INGREDIENTS

3/4 cup (6 fl oz) water
Lemonade flavored water enhancer[†]
1 packet PKU sphere20, Lemon flavor

DIRECTIONS

- 1 In a shaker, add all ingredients. Shake well and enjoy.

Nutrition Info

Calories 120 | Protein Equivalent 20 g | Intact Protein 0.0 g | Phenylalanine 36 mg

[†]Choose a water enhancer that does not contain the sweetener, aspartame.



NEW FLAVORS Banana and Lemon!



PKU sphere is a formula for use in the dietary management of Phenylketonuria from 3 years of age.

USE UNDER MEDICAL SUPERVISION.

Be sure to check with your healthcare professional before making changes to your diet.



Enhancing Lives Together
A Nestlé Health Science Company

BANANA RECIPES

Banana Split Dream

Prep time 5 minutes | Recipe makes 1 serving

INGREDIENTS

- 1/2 cup fresh strawberries, hulled
- 1/4 cup milk alternative (coconut, rice or almond)*
- 1 packet PKU sphere20, Banana flavor
- 1 Tbsp Nesquik® chocolate syrup

DIRECTIONS

- 1 In a blender (or with an emulsion blender), add strawberries and milk alternative. Blend for approximately one minute.
- 2 Pour into 16 fl oz glass and add PKU sphere packet. Mix with a fork for about 30 seconds until smooth.
- 3 Drizzle chocolate syrup on top and enjoy.

Nutrition Info

Calories 230 | Protein Equivalent 20 g | Intact Protein 0.8 g | Phenylalanine 64 mg

*Coconut milk was used for the nutritional analysis.

Tropical Banana Smoothie

Prep time 5 minutes | Recipe makes 1 serving

INGREDIENTS

- 1/2 cup fresh pineapple (or canned, drained)*
- 1/4 cup milk alternative (coconut, rice or almond)*
- 1 packet PKU sphere20, Banana flavor

DIRECTIONS

- 1 In a blender (or with an emulsion blender), add pineapple and milk alternative. Blend for approximately one minute.
- 2 Pour into 16 fl oz glass and add PKU sphere packet. Mix with a fork for about 30 seconds until smooth. Enjoy!

Nutrition Info

Calories 220 | Protein Equivalent 20 g | Intact Protein 0.8 g | Phenylalanine 67 mg

*Fresh pineapple and coconut milk were used for the nutritional analysis.

For more information visit VitaFloUSA.com
email vitafloNAM@vitaflousa.com
or call **888-848-2356**.

FOR REIMBURSEMENT ASSISTANCE, VISIT:



The How Much Phe? and Metabolic Pro databases were used for the nutrition analysis. These recipes have been designed for a low protein diet for PKU. The nutrition information for a recipe could change depending on the brand of product chosen and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable. Refer to labels for allergen information and suitability.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2022 Nestlé.