

CANDY CANE POPS

Recipe makes
3 servings

Prep time
20 minutes

NUTRITION INFO PER SERVING

(1 pop)

Calories 330

Protein 0.1 g

Phenylalanine 5 mg



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.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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