### Vitaflo™ Recipe

## **CANDY CANE POPS**

**Recipe makes** 3 servings

**Prep time** 20 minutes

# NUTRITION INFO PER SERVING

**Calories** 330 **Protein** 0.1 g **Phenylalanine** 5 mg

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### INGREDIENTS

6 candy canes

6 Vitabite™ bars, broken into small chunks

3 lollipop sticks

freeze dried raspberries (optional)\*

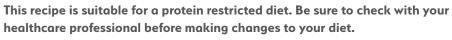
rainbow sprinkles (optional)\*

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 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.

For more recipes, please go to our website **www.VitafloUSA.com** and follow us on Instagram **@vitaflousa** and on facebook **@Vitaflo Vitafriends**.

Vitabite™ is a food for special medical purposes and must be used under medical supervision.

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