Vitaflo™ Recipe

'CHOCOLATE' COVERED STRAWBERRIES

Recipe makes
4 strawberries

Prep time
5 minutes

Cook time
3-4 minutes

NUTRITION INFO PER SERVING
(2 strawberries)

Calories 80

Protein 0.3 g

Phenylalanine 8 mg

A delicious low protein recipe to share with the one you love.

INGREDIENTS

50g (2 bars) Vitabite™

8–10 large strawberries

DIRECTIONS

1 Break Vitabite™ bars into small pieces.

2 Put the Vitabite™ pieces into a heatproof, medium-sized bowl. Fill a medium-sized saucepan with a couple inches of water; and bring to a simmer over medium heat. Turn off the heat; set the bowl of chocolate pieces over the water to melt. Stir until smooth. Once the chocolate is melted and smooth, remove from the heat.

3 Line a sheet pan with parchment or waxed paper. Hold each strawberry by the stem, and dip into the chocolate. Lift and twist each strawberry slightly, letting any excess drip back into the bowl. Set covered strawberry on the parchment paper. Repeat with the rest of the strawberries.

4 Set the strawberries aside until the chocolate sets. Transfer to a plate and place in the refrigerator until ready to serve.

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.

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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