

**Recipe makes**  
2 servings

**Prep time**  
10 minutes

## NUTRITION INFO PER SERVING

(8 fl oz)

**Calories** 140

**Protein** 0.7 g

**Phenylalanine** 24 mg



## INGREDIENTS

- 16 fl oz rice milk
- 1/2 tsp nutmeg, ground
- 1/2 tsp cinnamon, ground
- 1/2 tsp allspice, ground
- 1 tsp vanilla extract
- 1 tsp sugar

## DIRECTIONS

- 1 In a heavy saucepan over medium heat, bring all ingredients to a boil; stirring continuously.
- 2 Turn off the heat and 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.

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