

RAINBOW FRUIT PLATTER

Recipe makes
1 platter

Prep time
40 minutes

Cook time
10 minutes

NUTRITION INFO PER SERVING

(1/7 recipe)

Calories 180

Protein 1 g

Phenylalanine 28 mg



INGREDIENTS

- 4 Vitabite™ bars
- Gold edible glitter spray (optional)
- 1 ¼ cup strawberries, fresh, halved
- 2 tangerines, medium-sized, peeled and segmented
- 1 cup pineapple, fresh, cubed
- 14 green grapes
- 25 blueberries
- 20 purple grapes
- 2 cups mini marshmallows, halved

DIRECTIONS

- 1 Melt Vitabite bars in a heatproof bowl over a pan of boiling water.
- 2 Add melted Vitabite to chocolate molds, and cool in the refrigerator until set.
- 3 Remove Vitabite from the molds, spray with edible gold glitter spray (if desired), then set aside.
- 4 Arrange cut fruit in a rainbow shape across one half of a large plate; strawberries on the top, then tangerines, pineapple, green grapes, blueberries and purple grapes.
- 5 Arrange the mini marshmallows on the bottom of the rainbow.
- 6 Arrange the gold Vitabite pieces on top of the mini marshmallows, on both sides of the bottom of the rainbow.

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

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