

Recipe makes
8 cookies

Prep time
10 minutes

Bake time
20–25 minutes



NUTRITION INFO PER SERVING

(1/8 recipe)

Calories 270

Protein 0.1 g

Phenylalanine 5 mg

INGREDIENTS

3/4 cup margarine, softened
at room temperature

1/4 cup sugar

1 ½ cups (165 g) low protein
all-purpose mix

1/3 cup corn starch

1/2 tsp vanilla extract

Permitted decorations: such
as fondant, edible icing pens,
colored sugar, and sprinkles*

*Decorations are not included in
the nutrition information.

DIRECTIONS

- 1 Preheat oven to 320°F.
- 2 Combine all ingredients in a large bowl,
mixing well until a dough forms.
- 3 Cover a baking tray with parchment paper.
- 4 Using a rolling pin, roll out the dough
between two sheets of parchment paper.
- 5 Cut out 8 skulls from the dough using a
skull-shaped cookie cutter and place on
the baking tray.
- 6 Bake in preheated oven for 20 minutes or
until cookies are golden brown.
- 7 Remove cookies from baking tray and
place on a wire rack to cool.
- 8 When completely cooled, decorate with
permitted decorations.

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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