

Recipe makes

12 servings

Prep time

10-15 minutes

Bake time

10-15 minutes



NUTRITION INFO PER SERVING

(1 cookie)

Calories 120

Protein 0.02 g

Phenylalanine 4 mg

INGREDIENTS

3 Vitabite® bars cut into small chunks

1 cup (110 g) Taste Connections® low protein bread mix

⅓ cup (75 g) brown sugar

3.5 tbsp (50 g) soft butter

1 tsp egg replacer

2 fl oz (60 ml) water

Pinch salt

½ tsp (2 g) vanilla extract

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Coat Vitabite® chunks with low protein bread mix, and set aside.
- 3 Mix brown sugar with butter to achieve a smooth and creamy texture.
- 4 Add egg replacer and water, low protein bread mix, salt and vanilla. Mix well to form a dough.
- 5 Add coated Vitabite® chunks to the dough.
- 6 Cover a baking tray with parchment paper. Make balls of dough using a spoon. Place onto baking tray and push flat.
- 7 Bake for 10–15 minutes or until golden brown.
- 8 Remove cookies from baking tray using a spatula and leave to cool on a cooling rack.

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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