

LEMON BREEZE “YOGURT”

Recipe makes

1 serving

Prep time

1 minute

NUTRITION INFO PER SERVING

(1 serving)

Calories 210

Protein Equivalent 20 g

Intact Protein 0.7 g

Phenylalanine 63 mg



FOR USE UNDER MEDICAL SUPERVISION

INGREDIENTS

5.3 oz/single portion
coconut milk yogurt

1 packet PKU sphere20,
Lemon flavor

DIRECTIONS

- 1 In a medium-sized bowl, add coconut yogurt.
- 2 Add 1/3 of the PKU sphere packet.
Mix gently until the powder is combined.
- 3 Repeat until all of the powder is well mixed.

This recipe is suitable for a protein restricted diet for Phenylketonuria (PKU). This recipe can be made with either PKU sphere15 or PKU sphere20. PKU sphere is a formula for use in the dietary management of PKU from 3 years of age and for use under medical supervision. 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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