

Recipe makes
1 serving

Prep time
1 minutes

NUTRITION INFO PER SERVING

(1 serving)

Calories 120

Protein Equivalent 20 g

Intact Protein 0.0 g

Phenylalanine 30 mg



FOR USE UNDER MEDICAL SUPERVISION

INGREDIENTS

3/4 cup (6 fl oz) water

Lemonade flavored water
enhancer*

1 packet PKU sphere20,
Lemon flavor

DIRECTIONS

- 1 In a shaker, add all ingredients.
- 2 Shake well and enjoy!

*Choose a water enhancer that does not contain the sweetener, aspartame.

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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