

Recipe makes
1 serving

Prep time
5 minutes

NUTRITION INFO PER SERVING (1 serving)

Calories 190

Protein Equivalent 20 g

Intact Protein 0.5 g

Phenylalanine 49 mg



FOR USE UNDER MEDICAL SUPERVISION

INGREDIENTS

- 1/2 cup fresh mango, peeled, seeded
- 1/4 cup milk alternative (coconut, rice or almond)*
- 1 tsp lemon juice
- 1/4 cup ice
- 1 packet PKU sphere20, Lemon flavor

*Coconut milk was used for the nutritional analysis.

DIRECTIONS

- 1 In a blender (or with an emulsion blender), add fresh mango, milk alternative, lemon juice, and ice. Blend for approximately one minute.
- 2 Pour into 16 fl oz glass and add PKU sphere packet. Mix with a fork for about 30 seconds until smooth. Enjoy!

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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