

Recipe makes
1 serving

Prep time
5 minutes

**NUTRITION INFO
PER SERVING**

(1 serving)

Calories 220

Protein Equivalent 20 g

Intact Protein 0.8 g

Phenylalanine 61 mg



FOR USE UNDER MEDICAL SUPERVISION

INGREDIENTS

- 1/2 cup fresh pineapple (or canned, drained)*
- 1/4 cup milk alternative (coconut, rice or almond)*
- 1 packet PKU sphere20, Banana flavor

DIRECTIONS

- 1 In a blender (or with an emulsion blender), add pineapple and milk alternative. 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!

*Fresh pineapple and coconut milk were used for the nutritional analysis

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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