



sphere[®] **RECIPE GUIDE**



Enhancing Lives Together
A Nestlé Health Science Company

Be sure to check with your healthcare professional before making changes to your diet.

PKU sphere[®] is a formula for use in the dietary management of Phenylketonuria (PKU) from 3 years of age.

Not for use as a sole source of nutrition.

USE UNDER MEDICAL SUPERVISION

ANYTIME BEVERAGES

Chocolate Delight

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

4 fl oz (120 ml) So Delicious® coconut milk (original) beverage

1 packet **PKU sphere20**, chocolate flavor

Directions:

1 In a shaker, add coconut milk and **PKU sphere**. Shake!

2 Add a few ice cubes to your favorite glass, and pour in the chocolate beverage.
Enjoy!

Nutrition Info:

Calories 160 | Protein Equivalent 20 g | Intact Protein 0.3 g | Phenylalanine 40 mg



Lemon Burst

Prep time: 1 minute

Recipe makes: 1

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. Shake well and enjoy!

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

Nutrition Info:

Calories 120 | Protein Equivalent 20 g | Intact Protein 0.0 g | Phenylalanine 30 mg



BEVERAGES WITH A ZIP



Classic Iced Coffee

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

8 fl oz (240 ml) cold regular or decaf coffee

1 packet **PKU sphere20**, vanilla or chocolate flavor

Ice

Directions:

- 1 In a shaker, add coffee and **PKU sphere**. Shake.
- 2 Add a few ice cubes to your favorite glass and pour in the coffee mixture. Enjoy!

Nutrition Info:

Calories 120 | Protein Equivalent 20 g

Intact Protein 0.3 g | Phenylalanine 37 mg

Creamy Iced Coffee

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

1 packet **PKU sphere20**, vanilla or chocolate flavor

3 fl oz (90 ml) cold brew or iced coffee

1 fl oz (30 ml) alternative creamer (rice, almond, coconut*)

Ice

Directions:

- 1 In a shaker, add **PKU sphere**, coffee, and creamer. Shake.
- 2 Add a few ice cubes to your favorite glass and pour in the creamy coffee. Enjoy!

Nutrition Info:

Calories 150 | Protein Equivalent 20 g

Intact Protein 0.4 g | Phenylalanine 40 mg

*Coconut milk alternative creamer was used in the nutrition analysis.

Chilled Caffè Mocha

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

3 fl oz (90 ml) cold brew coffee

1 fl oz (30 ml) almond coconut milk, vanilla flavor

1 packet **PKU sphere20**, chocolate flavor

Ice

1/2 tsp cocoa powder (optional)**

Directions:

- 1 In a shaker, add coffee, almond coconut milk, and **PKU sphere**. Shake.
- 2 Add a few ice cubes to your favorite glass and pour in the mixed beverage. Dust with cocoa powder if desired. Enjoy!

Nutrition Info:

Calories 130 | Protein Equivalent 20 g

Intact Protein 0.3 g | Phenylalanine 46 mg

Dalgona Latte

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

1 packet instant espresso

2 tsp sugar

1 1/2 Tbsp hot water

1 packet **PKU sphere20**, vanilla flavor

3 1/2 fl oz (105 ml) water

4 fl oz (120 ml) vanilla almond milk, unsweetened

Directions:

- 1 In a medium-sized bowl, combine espresso, sugar, and hot water; and using a hand mixer or immersion blender, whip for 1 minute (or until stiff peaks form).
- 2 In a large cup, mix **PKU sphere** with 3 1/2 fl oz water and add almond milk.
- 3 Top **PKU sphere** with whipped espresso mixture. Enjoy!

Nutrition Info: Calories 170 | Protein Equivalent 20 g

Intact Protein 0.9 g | Phenylalanine 70 mg



Tropical Hibiscus Drink

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

8 fl oz (240 ml) coconut milk, unsweetened

1/2 packet of Starbucks VIA® Instant Refresher™, Very Berry Hibiscus

1 packet **PKU sphere20**, vanilla flavor

A few frozen strawberries (optional)**

Directions:

- 1 In a shaker, add coconut milk, hibiscus powder, and **PKU sphere**. Shake well for approximately one minute.
- 2 Pour into your favorite mug and garnish with frozen strawberries, if desired. Enjoy!

Nutrition Info: Calories 200 | Protein Equivalent 20 g

Intact Protein 0.5 g | Phenylalanine 55 mg



**Optional ingredients are not included in the nutrition analysis.

DELICIOUS DESSERTS

Mint Chocolate Chip Soft Serve

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

1/2 cup So Delicious® Dairy Free mint chip coconut milk frozen dessert, softened

1 packet **PKU sphere20**, chocolate flavor

Directions:

1 In a medium-sized bowl, combine coconut milk frozen dessert and **PKU sphere**. Stir until well mixed. Enjoy!

Nutrition Info: Calories 270 | Protein Equivalent 20 g | Intact Protein 1.1 g | Phenylalanine 73 mg



Chocolate Smoothie

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

2 fl oz (60 ml) almond milk, chocolate

2 fl oz (60 ml) water

2 tsp Nesquik® chocolate syrup

1 packet **PKU sphere20**, chocolate flavor

Ice

Directions:

1 In a shaker, add almond milk, water, chocolate syrup, and **PKU sphere**. Shake.

2 Add a few ice cubes to your favorite glass and pour in the chocolate beverage. Enjoy!

Nutrition Info: Calories 180 | Protein Equivalent 20 g | Intact Protein 0.3 g | Phenylalanine 44 mg



Banana Split Dream

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

1/2 cup fresh strawberries, hulled

2 fl oz (60 ml) milk alternative (coconut, rice or almond)*

1 packet **PKU sphere20**, Banana flavor

1 Tbsp Nesquik® chocolate syrup

Directions:

1 In a blender (or with an emulsion blender), add strawberries 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.

3 Drizzle chocolate syrup on top and enjoy.

Nutrition Info: Calories 230 | Protein Equivalent 20 g | Intact Protein 0.8 g | Phenylalanine 58 mg



*Coconut milk was used for the nutritional analysis.

SMOOTHIES

Fruity Smoothie

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

1/2 cup frozen mixed berries

4 fl oz (120 ml) milk alternative (coconut, rice or almond)*

1 packet **PKU sphere20**, vanilla or red berry flavor

2 fl oz (60 ml) cold water

Directions:

1 In a blender, add all ingredients and blend until smooth.

2 Pour into your favorite glass. Enjoy!

*Coconut milk was used for the nutritional analysis.

Nutrition Info: Calories 110 | Protein Equivalent 20 g | Intact Protein 0.8 g | Phenylalanine 55 mg

Cool Tip: Try using different blends of frozen fruit to change up the flavor of your smoothies.



Mango Lemon Lassi

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

1/2 cup fresh mango, peeled, seeded

2 fl oz (60 ml) milk alternative (coconut, rice or almond)*

1 tsp lemon juice

1/4 cup ice

1 packet **PKU sphere20**, Lemon flavor

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!

Nutrition Info: Calories 190 | Protein Equivalent 20 g | Intact Protein 0.5 g | Phenylalanine 49 mg

*Coconut milk was used for the nutritional analysis.



Tropical Banana Smoothie

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

1/2 cup fresh pineapple (or canned, drained)*

2 fl oz (60 ml) milk alternative (coconut, rice or almond)*

1 packet **PKU sphere20**, Banana flavor

Directions:

1 In a blender, add all ingredients and blend until smooth.

2 Pour into your favorite glass. Enjoy!

Nutrition Info: Calories 220 | Protein Equivalent 20 g | Intact Protein 0.8 g | Phenylalanine 61 mg

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



SIMPLE SNACKS

Lemon Breeze "Yogurt"

Prep time: 1 minute

Recipe makes: 1

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.

Nutrition Info:

Calories 210 | Protein Equivalent 20 g | Intact Protein 0.7 g | Phenylalanine 63 mg



Raspberry Coconut "Yogurt"

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

4 fl oz (120 ml) coconut milk yogurt alternative, raspberry flavor

1 packet **PKU sphere20**, red berry 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.
- 4 Serve in a pretty bowl or glass. Enjoy!

Nutrition Info:

Calories 230 | Protein Equivalent 20 g | Intact Protein 0.4 g | Phenylalanine 53 mg



SEASONAL

SPRING

Lucky Mint Shake

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

4 fl oz (120 ml) water*
1 cup ice
1 packet **PKU sphere20**, vanilla flavor
1 (3.25 oz) Snack Pack® sugar free vanilla pudding
1/4 tsp mint extract
1 tsp green food coloring (optional)
Mint leaf for garnish (optional)

Directions:

- 1 Add all ingredients (except for mint leaf) into a blender.
- 2 Blend until combined.
- 3 Pour into your favorite glass and top with mint leaf if using. Enjoy!

Note: If you enjoy a slightly thicker shake, reduce water to 2 fl oz.

Nutrition Info: Calories 180 | Protein Equivalent 20 g | Intact Protein 0.9 g | Phenylalanine 41 mg

FALL

Pumpkin Spice Latte

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

3 fl oz (90 ml) cold brew coffee
2 Tbsp non-dairy pumpkin pie liquid creamer
1 packet of **PKU sphere20**, vanilla flavor
Pumpkin pie spice (optional)

Directions:

- 1 Pour coffee and creamer into a mixer cup.
- 2 Add **PKU sphere**.
- 3 Shake until well combined.
- 4 Pour into your favorite glass. Enjoy!
- 5 Top with a few shakes of pumpkin pie spice, if desired.

Nutrition Info: Calories 190 | Protein Equivalent 20 g | Intact Protein 0.5 g | Phenylalanine 47 mg

Pumpkin Dip

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

1/4 cup canned pumpkin puree
1/2 teaspoon pumpkin pie spice
1 packet **PKU sphere20**, vanilla flavor
1/3 cup whipped topping

Directions:

- 1 Combine pumpkin puree and pumpkin pie spice in a medium sized bowl.
- 2 Add 1/3 of the **PKU sphere** packet.

- 3 Add additional 1/3 of the **PKU sphere** packet and stir thoroughly.
- 4 Mix in remaining **PKU sphere** powder and stir. Add in whipped topping.

Serving Suggestion: Enjoy with a sliced green apple.

Nutrition Info: Calories 210 | Protein Equivalent 20 g | Intact Protein 1.1 g | Phenylalanine 67 mg

HOLIDAY SEASON

Gingerbread Latte

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

3 fl oz (90 ml) cold brew coffee
1 fl oz non-dairy gingerbread liquid creamer
1 packet **PKU sphere20**, vanilla

Directions:

- 1 Pour coffee and creamer into a mixer cup.
- 2 Add **PKU sphere**.
- 3 Shake until well combined.
- 4 Pour into your favorite glass. Enjoy!

Nutrition Info: Calories 190 | Protein Equivalent 20 g | Intact Protein 0.5 g | Phenylalanine 47 mg





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The How Much Phe? and Metabolic Pro databases were used for the nutrition analysis. These recipes have been designed for a low protein diet for PKU. Specific brand names were included for accuracy of the nutrition information. The nutrition information for a recipe could change depending on the brand of product chosen and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable. Refer to labels for allergen information and suitability.

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