



sphere[®] SUMMER RECIPES



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Corporation

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

PKU SPHERE SUMMER POPS

Banana “Crème” Pops

Prep time: 2 minutes
Freeze time: 4–6 hours
Recipe makes: 2

Ingredients:
2 fl oz (60 ml) dairy-free almond milk creamer, vanilla flavor
2 fl oz (60 ml) water
1 packet **PKU sphere20**, banana flavor
1/2 banana, fresh, medium-sized, peeled
Jumbo ice pop molds with sticks (each fills to 4 fl oz (120 ml))

Directions:
1 Add all ingredients into a blender.
2 Blend well.
3 Pour into two ice pop molds.
4 Freeze for four to six hours (or overnight).
5 Remove from molds. Enjoy!

Nutrition Info Per Serving (1 pop):
Calories: 140 | Protein Equivalent: 10 g | Intact Protein: 0.6 g | Phenylalanine: 53 mg



Lemon Blueberry “Crème” Pops

Prep time: 2 minutes
Freeze time: 4–6 hours
Recipe makes: 2

Ingredients:
2 fl oz (60 ml) dairy-free almond milk creamer, vanilla flavor
2 fl oz (60 ml) water
1 packet **PKU sphere20**, lemon flavor
1/4 cup blueberries (fresh or frozen)
Jumbo ice pop molds with sticks (each fills to 4 fl oz (120 ml))

Directions:
1 Add all ingredients into a blender.
2 Blend well.
3 Pour into two ice pop molds.
4 Freeze for four to six hours (or overnight).
5 Remove from molds. Enjoy!

Nutrition Info Per Serving (1 pop):
Calories: 120 | Protein Equivalent: 10 g | Intact Protein: 0.5 g | Phenylalanine: 47 mg



Lemon “Crème” Pops

Prep time: 2 minutes
Freeze time: 4–6 hours
Recipe makes: 2

Ingredients:
2 fl oz (60 ml) dairy-free almond milk creamer, vanilla flavor
2 fl oz (60 ml) water
1 packet **PKU sphere20**, lemon flavor
Jumbo ice pop molds with sticks (each fills to 4 fl oz (120 ml))

Directions:
1 Add all ingredients into a shaker.
2 Shake well.
3 Pour into two ice pop molds.
4 Freeze for four to six hours (or overnight).
5 Remove from molds. Enjoy!

Nutrition Info Per Serving (1 pop) :
Calories: 110 | Protein Equivalent: 10 g | Intact Protein: 0.4 g | Phenylalanine: 42 mg



Strawberry Banana “Crème” Pops

Prep time: 2 minutes
Freeze time: 4–6 hours
Recipe makes: 2

Ingredients:
2 fl oz (60 ml) dairy-free almond milk creamer, vanilla flavor
2 fl oz (60 ml) water
1 packet **PKU sphere20**, banana flavor
1/2 cup strawberries (fresh or frozen)
Jumbo ice pop molds with sticks (each fills to 4 fl oz (120 ml))

Directions:
1 Add all ingredients into a blender.
2 Blend well.
3 Pour into two ice pop molds.
4 Freeze for four to six hours (or overnight).
5 Remove from molds. Enjoy!

Nutrition Info Per Serving (1 pop):
Calories: 120 | Protein Equivalent: 10 g | Intact Protein: 0.7 g | Phenylalanine: 50 mg





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The How Much Phe? database was used for the nutrition analysis. These recipes have been designed for a low protein diet for PKU. 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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