



NEW FLAVOURS

Banana and Lemon!



PKU sphere is a formula for use in the dietary management of Phenylketonuria from 3 years of age.

USE UNDER MEDICAL SUPERVISION.

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



Enhancing Lives Together
A Nestlé Health Science Company

LEMON RECIPES

Mango Lemon Lassi

Prep time 5 minutes | Recipe makes 1 serving

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 flavour

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 55 mg

*Coconut milk was used for the nutritional analysis.

Lemon Breeze "Yogurt"

Prep time 1 minute | Recipe makes 1 serving

INGREDIENTS

5.3 oz/single portion coconut milk yogurt
1 packet PKU sphere20, Lemon flavour

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 69 mg

Lemon Burst

Prep time 1 minute | Recipe makes 1 serving

INGREDIENTS

3/4 cup (6 fl oz) water
Lemonade flavored water enhancer[†]
1 packet PKU sphere20, Lemon flavour

DIRECTIONS

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

Nutrition Info

Calories 120 | Protein Equivalent 20 g | Intact Protein 0.0 g | Phenylalanine 36 mg

[†]Choose a water enhancer that does not contain the sweetener, aspartame.



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BANANA RECIPES

Banana Split Dream

Prep time 5 minutes | Recipe makes 1 serving

INGREDIENTS

1/2 cup fresh strawberries, hulled
1/4 cup milk alternative (coconut, rice or almond)*
1 packet PKU sphere20, Banana flavour
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 64 mg

*Coconut milk was used for the nutritional analysis.

Tropical Banana Smoothie

Prep time 5 minutes | Recipe makes 1 serving

INGREDIENTS

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

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!

Nutrition Info

Calories 220 | Protein Equivalent 20 g | Intact Protein 0.8 g | Phenylalanine 67 mg

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

For more information

visit [VitaFlo.CA](https://www.vitaflo.ca)

email vitafloNAM@vitaflousa.com

or call **888-848-2356**.

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. 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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