



sphere[®] **RECIPE GUIDE**



Innovation in Nutrition

A Nestlé Health Science Company

All recipes can be made with either PKU sphere15 or PKU sphere20.
Please check the suitability of these recipes for you with your healthcare professional.

**PKU sphere is a formula for use in the dietary management of Phenylketonuria from 3 years of age
USE UNDER MEDICAL SUPERVISION**

Fruity Smoothie

Prep time: 2 minutes

Recipe makes: 1

Ingredients:

1/2 cup frozen mixed berries

1/2 cup (120 ml) almond milk, unsweetened

1 packet PKU sphere20, vanilla or red berry flavor

1/4 cup (60 ml) cold water

Directions:

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

2 Pour into your favorite glass. Enjoy!

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

Nutrition Info: Calories 200 | Protein Equivalent 20 g | Natural Protein 1.2 g | Phenylalanine 85 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 | Natural Protein 0.5 g | Phenylalanine 61 mg

*Please note: optional ingredients are not included in nutrition analysis.



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 | Natural Protein 0.3 g | Phenylalanine 46 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 | Natural Protein 0.3 g | Phenylalanine 50 mg



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 | Natural Protein 1.1 g | Phenylalanine 79 mg



Raspberry Coconut "Yogurt"

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

1/2 cup (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 | Natural Protein 0.4 g | Phenylalanine 59 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 | Natural Protein 0.9 g | Phenylalanine 76 mg





Classic Iced Coffee

Prep time: 5 minutes

Recipe makes: 1

Ingredients:

1 cup (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

Natural Protein 0.3 g | Phenylalanine 43 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 cream coffee. Enjoy!

Nutrition Info:

Calories 150 | Protein Equivalent 20 g

Natural Protein 0.4 g | Phenylalanine 46 mg

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

Cool Tips:

Try making with different seasonally flavored alternative creamers (caramel, pumpkin, peppermint mocha, etc.).

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

Natural Protein 0.3 g | Phenylalanine 52 mg

*Optional ingredients are not included in the nutrition analysis.

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The How Much Phe? and Metabolic Pro databases were used for the nutrition analysis. These recipes have been specifically designed for a low protein diet for PKU. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Be sure to 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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