PKU sphere shakes and smoothies

Blend ingredients together until smooth...

PKU sphere tropical smoothie*

297 Calories (kcal)†

1g natural protein

- 1 sachet of PKU sphere Red Berry
- 60g Banana (edible portion)
- 20ml ProZero**
- 20ml Orange and mango juice

Natural protein and phenylalanine contributions from ingredients must be considered in addition to the protein/phenylalanine provided by sphere.

PKU sphere slush*

153 Calories (kcal)†

- 1 sachet of PKU sphere Red Berry
- 45g Lemon or lime sorbet

PKU sphere tutti fruiti*

298 Calories (kcal)†

1g natural protein

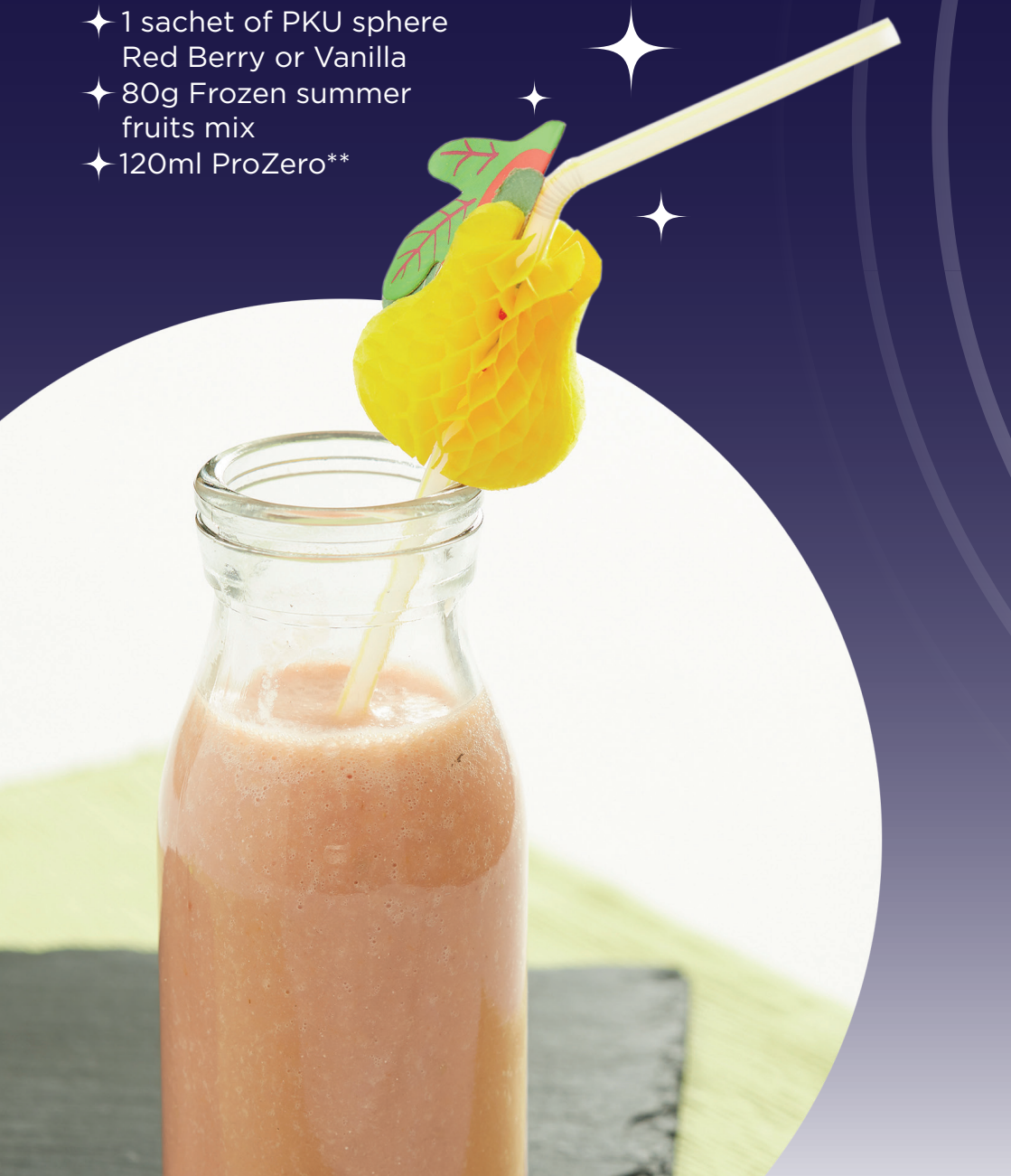
- 1 sachet of PKU sphere Vanilla
- 50g Fresh strawberries
- 60g Banana (edible portion)
- 50ml ProZero**
- 100ml Orange and mango juice

Natural protein and phenylalanine contributions from ingredients must be considered in addition to the protein/phenylalanine provided by sphere.

PKU sphere berry blast*

223 Calories (kcal)†

- 1 sachet of PKU sphere Red Berry or Vanilla
- 80g Frozen summer fruits mix
- 120ml ProZero**



PKU sphere summer smoothie*

250 Calories (kcal)†

- 1 sachet of PKU sphere Red Berry
- 1 peach
- 120ml ProZero**
- 30g Frozen strawberries

Shake ingredients together...

PKU sphere fruiti shake*

199 Calories (kcal)†

- 1 sachet of PKU sphere Vanilla
- 200ml Orange and mango juice

PKU sphere “milkshake”*

198 Calories (kcal)†

- 1 sachet of PKU sphere Vanilla or Red Berry
- 120ml ProZero**

Stir ingredients together...

PKU sphere winter coffee*

155 Calories (kcal)†

- 1 sachet of PKU sphere Vanilla
- 1 tsp Instant coffee 200ml Boiled water, left to cool for 2 minutes
- 50ml ProZero**

PKU sphere forest fruits shake*

221 Calories (kcal)†

- 1 sachet of PKU sphere Red Berry
- 200ml Forest fruits juice

Notes:

Vitaflo to You™

PKU sphere is available on our free home delivery service*. Ask your dietitian for details on how to register for this convenient service.

* Usual pharmacy dispensing fees apply.

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Recipes using PKU sphere

are available at **www.vitafriendspku.com.au/** We also have a range of convenient low protein foods to help support dietary compliance.

* Refer to ingredient labels for allergens, protein content and other information.

** If other brands of low protein milk alternatives are used, please check calorie content.

† Calories are based on using a PKU sphere20 sachet. If using PKU sphere15 sachet, deduct 29 calories from value in the recipes to get total calorie content of shake/smoothie using PKU sphere15.

PKU sphere and ProZero are Foods for special medical purposes. For the dietary management of Phenylketonuria. Use under medical supervision. Not for use as a sole source of nutrition. Information correct at time of print. Further information including allergens can be found on the product label.

Vitaflo™

Enhancing Lives Together

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