

PKU sphere shakes and smoothies

PKU
sphere



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 frutti*

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 fruity 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



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.



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