

BREAKFAST FRUIT BOWL WITH HONEY AND CINNAMON

Serving: 1

INGREDIENTS

¼ cup strawberries (38 g or about 3 strawberries), halved
¼ cup blueberries (37 g)
¼ cup raspberries (31 g)
½ tsp honey (2.5 mL)
A pinch of ground cinnamon
¼ cup plain coconut yogurt alternative (150 g)*
1 pouch of **PhenylAde® GMP MIX-IN/TYR Lophlex® GMP MIX-IN**

DIRECTIONS

1. Combine fruit into a bowl. Drizzle with honey and toss.
2. In another bowl, combine the yogurt alternative with 1 pouch of **PhenylAde/TYR Lophlex GMP MIX-IN**. Whisk until uniform.
3. Top with mixed berries.
4. Sprinkle with cinnamon and serve.

NUTRITION INFORMATION

Per serving

Calories	170 kcal
Protein	1.3 g
Phenylalanine	57 mg
Tyrosine	22 mg [†]

Adding 1 pouch of **PhenylAde GMP MIX-IN** per serving will add 42 calories, 10 g PE and 15.3 mg of PHE.

Adding 1 pouch of **TYR Lophlex GMP MIX-IN** per serving will add 40 calories, 10 g PE, 18 mg of PHE and 3.5 mg of TYR.

*Be sure to read the nutrition facts table, as protein and calories may vary by product.

[†]Tyrosine content not available for plain coconut yogurt alternative; the tyrosine in this ingredient is not included in the nutrition information.

The protein content indicated in the recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. Always consult your metabolic dietitian before making any changes to your low-protein diet.

PhenylAde GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.

TYR Lophlex GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

Recipe and food photography by Akeela Jakhura

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