# BREAKFAST FRUIT BOWL WITH HONEY AND CINNAMON

Serving: 1

### **INGREDIENTS**

1/2 cup strawberries (38 g or about 3 strawberries), halved

% cup blueberries (37 g)

¼ cup raspberries (31 g)

½ tsp honey (2.5 mL)

A pinch of ground cinnamon

¾ 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.
- 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.

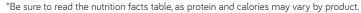
## **NUTRITION INFORMATION**

# Per serving

Calories	170 kcal
Protein	1.3 g
Phenylalanine	57 mg
Tyrosine	22 mg <sup>†</sup>

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.



<sup>&</sup>lt;sup>†</sup>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

@ 2021 Nutricia North America. All Rights Reserved. FBHCMIEN



