



## Papaya Smoothie (PKU-Friendly)

You can use fresh or frozen fruits in this recipe. This is a quick and easy smoothie that can be mixed with medical formulas.

<b>U.S.</b>		<b>Metric</b>	<b>Phe (mg)</b>	<b>Pro (g)</b>
2 cups	Papaya, fresh or frozen, diced	280 g	30 mg	2 g
1 each	Orange, peeled	1 each	41 mg	1.2 g
1 each	Pear, cored	1 each	17 mg	.6 g
1 stalk	Celery	1 stalk	11 mg	.4 g
1 each	Green apple, cored	1 each	7 mg	.3 g
1/2 cup	Coconut yogurt, vanilla, unsweetened	123 g	10 mg	.2 g
1/2 cup	Water	118 mL	0 mg	0 g
1/2 cup	Ice	140 g	0 mg	0 g
<i>Optional:</i>				
1 Packet (1.2 oz)	PhenylAde GMP Mix-In, or other Glycomacropeptide (GMP) mix, unflavored	1 Packet (33.3g)	15.3mg	10 g

**Protein per recipe: 4.7 g, or 14.7g**  
**Phe per recipe: 116 mg, or 131.3g**

**Protein per serving: 0.67 g, or 2.45g**  
**Phe per serving: 19.3 mg, or 21.8g**

### Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients into blender or food processor. If desired, add a Low-Phe GMP protein powder mix. Blend until smooth. Add more water or ice, if needed, until desired consistency is reached.

**\*\*Nutrition Facts on Reverse**

---

## Nutrition Facts

---

6 Servings

**Serving size**      **1 cup**

---

**Amount per serving**

**Calories**            **80**

Calories from Fat      10

**Total Fat**            1 g

    Saturated Fat      0.5 g

    Trans Fat            0 g

    Monounsaturated    0 g

**Cholesterol**         0 mg

**Sodium**                10 mg

**Total Carbohydrate** 19 g

    Dietary Fiber      3 g

    Total Sugars        14 g

        Includes 0g Added Sugars

**Protein**                0.67 g

Vitamin D               0 %

Calcium                 2 %

Iron                      2 %

Potassium              212 mg

Phosphorus             16 mg

---

---

## Nutrition Facts - With PhenylAde GMP Mix-In

---

6 Servings

**Serving size**      **1 cup**

---

**Amount per serving**

**Calories**            **90**

Calories from Fat      10

**Total Fat**            1 g

    Saturated Fat      0.5 g

    Trans Fat            0 g

    Monounsaturated    0 g

**Cholesterol**         0 mg

**Sodium**                10 mg

**Total Carbohydrate** 19 g

    Dietary Fiber      3 g

    Total Sugars        14 g

        Includes 0g Added Sugars

**Protein**                2.45 g

Vitamin D               0 %

Calcium                 2 %

Iron                      2 %

Potassium              212 mg

Phosphorus             16 mg

---