



Mango Coconut Popsicle (PKU Friendly)

You can use fresh or frozen fruits in this recipe. It is a great way to incorporate protein mix-ins!

U.S.		Metric	Phe (mg)	Pro (g)
2 cups	Cauliflower, cut into florets	226 g	205 mg	4.1 g
2 cups	Mango, cubed	113 g	135 mg	2.7 g
1 cup	Silk Coconut Milk, original, unsweetened	237 mL	0 mg	0.0 g
3 Tbsp	Lemon Juice	45 mL	7.5 mg	0.15 g
1 each	Date, pitted	1 each	22.5 mg	0.45 g
<i>Optional:</i>				
1 Packet (1.2 oz)	PhenylAde GMP Mix-In, or other	1 Packet	15.3mg	10 g
	Glycomacropeptide (GMP) mix, unflavored	(33.3g)		

Protein per recipe: 7.4g, or 17.4g

Phe per recipe: 370mg, or 385mg

Protein per serving: 1.48g, or 3.48g

Phe per serving: 74mg, or 77mg

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients into a blender. Blend until very smooth and creamy.
3. Pour into popsicle molds. Freeze for at least 6 hours. Enjoy!

Nutrition Facts

5 Servings

Serving size 1, 4oz popsicle

Amount per serving

Calories 80

Calories from Fat 10

Total Fat 1.5 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated 0 g

Cholesterol 0 mg

Sodium 15 mg

Total Carbohydrate 18 g

Dietary Fiber 2 g

Total Sugars 15 g

Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 300 mg

Phosphorus 32 mg

Nutrition Facts - With PhenylAde GMP Mix-In

5 Servings

Serving size 1, 4oz popsicle

Amount per serving

Calories 90

Calories from Fat 15

Total Fat 1.5 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated 0 g

Cholesterol 0 mg

Sodium 40 mg

Total Carbohydrate 18 g

Dietary Fiber 2 g

Total Sugars 15 g

Includes 0g Added Sugars

Protein 3.48 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 329 mg

Phosphorus 40 mg
