

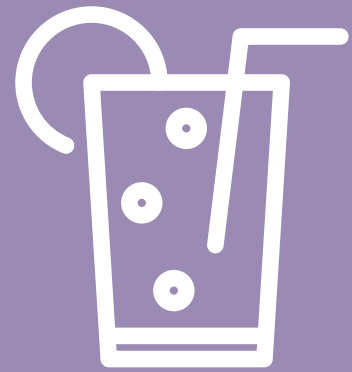


**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

METABOLICS

The PKU Lophlex® product range is classified as Food for Special Medical Purposes (FSMP) and must be used under medical supervision. Information herein is intended for patients and carers of patients who have been prescribed PKU Lophlex® products.

# DRINKS





## BERRY COLA



Servings: 1

### Ingredients

- $\frac{3}{4}$  cup plain or cherry cola
- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Berries\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

Serving suggestion



### Directions

1. Mix ingredients together in a glass.
2. Serve with ice.

*#Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.*



## CITRUS BLISS



Servings: 1

### Ingredients

- ¼ cup orange fruit drink

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Citrus**

### Directions

1. Mix ingredients together in a glass.
2. Stir and serve with ice.

Serving suggestion

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## JUICY FIZZ



Servings: 1

### Ingredients

- ½ cup sparkling white grape juice or lemonade

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.



### Directions

1. Mix ingredients together in a glass.
2. Serve with ice.

Serving suggestion

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## LOPHLEX LQ GREEN TEA SPRITZER



Servings: 1

### Ingredients

- 60 ml green tea
- 60 ml ginger ale

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Tropical or Juicy Berries\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

### Directions

1. Add all ingredients to a large glass. Stir and serve with ice.



Serving suggestion

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## LOPHLEX LQ PIÑA COLADA



Servings: 1

### Ingredients

- 60 ml pineapple juice
- 60 ml coconut water
- 4 ice cubes

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Tropical or Juicy Berries\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

Serving suggestion



### Directions

1. Place all ingredients into a blender and blend until smooth.
2. Pour into a glass and serve.

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## LOPHLEX LQ STRAWBERRY SPRITZER



Servings: 1

### Ingredients

- 60 ml lemonade (substitute with tonic or soda water)
- 2 tbsp strawberry syrup

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Berries\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

### Directions

1. Add all ingredients to a large glass. Stir and serve with ice.



Serving suggestion

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## BERRY ICED TEA



Servings: 1

### Ingredients

- ½ cup unsweetened iced tea
- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Berries\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

### Directions

1. Add all ingredients to a large glass. Stir and serve with ice.

Serving suggestion

*#Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.*



# ORANGE CHILLER



Servings: 1

### Ingredients

- 1 tsp sugar
  - 3 ice cubes
- 
- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Orange**
  - ½ cup **Milupa-lp-Drink or Sno-Pro**

### Directions

1. Place all ingredients into a blender and blend until smooth.
2. Pour into a glass and serve.

Serving suggestion

*#Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.*



# ORANGE TROPICAL SHAKE



Servings: 1

## Ingredients

- ½ cup fresh or frozen pineapple
  - ½ medium banana
  - 3 ice cubes\*
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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Orange**
- \* OR 3 cubes of frozen **Milupa-lp-Drink** or **Sno-Pro** (for a more creamy consistency)

## Directions

1. Place all ingredients into a blender and blend until smooth.
2. Pour into a glass and serve.

Serving suggestion

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## TROPICAL GINGER BERRY FIZZ



Servings: 1

### Ingredients

- 1/3 cup ginger ale
- 2 tbsp fat-free raspberry sorbet

- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Tropical\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

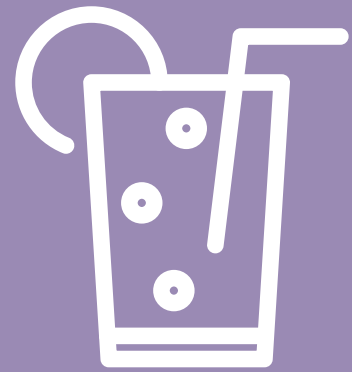
### Directions

1. Place all ingredients into a blender and blend on a low setting until smooth
2. Pour into a glass and serve

Serving suggestion

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# SMOOTHIES





# APRICOT SMOOTHIE



Servings: 1

## Ingredients

- ¼ cup apricot nectar juice drink
- ¼ cup Loprofin Sno-Pro
- 1 tsp honey
- 4 cubes
- ½ tsp vanilla extract

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Citrus or Tropical\***
  - ¼ cup **Loprofin Sno-Pro**

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

## Directions

1. Place all ingredients into a blender and blend until smooth
2. Pour into a glass and serve

Serving suggestion

*#Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.*



# CARIBBEAN SHAKE



Servings: 1

## Ingredients

- ½ medium banana
- 6 ice cubes
- 1 tsp honey
- ½ tsp vanilla extract

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

## Directions

1. Place all ingredients into a blender and blend until smooth. If needed, add a small amount of water to help ingredients mix.
2. Pour into a glass and serve.

Serving suggestion

*#Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.*



## LOPHLEX LQ BANANA BERRY SMOOTHIE



Servings: 1

### Ingredients

- 1 banana
- 1/3 cup coconut water
- 4 ice cubes

- 
- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Berries\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.



### Directions

1. Place all ingredients into a blender and blend until smooth.
2. Pour into a glass and serve.

Serving suggestion

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# LOPHLEX LQ TROPICAL SMOOTHIE



Servings: 1

## Ingredients

- 90 ml ginger ale
- 2 tbsp fat-free mango sorbet

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- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy or Flavour of your choice\***

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

## Directions

1. Place all ingredients into a blender. Blend on low until combined.
2. Pour into a glass and serve.



Serving suggestion

*#Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.*



## MIXED BERRY SHAKE



Servings: 1

### Ingredients

- ½ cup fresh or frozen berries
- 1 pouch (125ml) **PKU Lophlex LQ 20 Juicy Berries\***
- ½ cup **Milupa-Ip-Drink** or **Sno-Pro**

\*You can use **PKU Lophlex LQ 10 (62.5ml)** instead if this is your supplement of choice.

### Directions

1. Place all ingredients into a blender. Blend until smooth.
2. Pour into a glass and serve.

Serving suggestion

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**For more information contact NUTRICIA CARELINE:**

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