

Celebration Meals



| FAMILY MEAL | LOW PHE ALTERNATIVE |
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| Major protein food | Mushroom Burgers (page 234-235**) |
| Bread dressing | Savory Dressing (page 102**) Apple and Raisin Dressing (page 103**) |
| *Mashed potatoes (made with Mocha Mix or Rich's Richwhip) | |
| Gravy | Gravy Anytime (page 58**) |
| *Baked yams, squash, sweet potatoes | |
| Rolls | Low-Phe Rolls (pages 84-88**) |
| *Green beans with mushrooms | |
| *Cranberry sauce | |
| *Relish tray with carrots, celery, olives, spiced apple rings, pickles | |
| *Fruit and vegetable salads | |
| Pumpkin Pie | Pumpkin Pie (Page 417**) |

* all family members can enjoy

** recipe found in *Low Protein Cookery for PKU* by Virginia E. Schuett



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