

# TREATS TO BRING TO PARTIES!!



- ◇ Satsuma oranges are an especially nice, and easy-to-handle treat
- ◇ Fruit snacks, such as apple slices or boxes of raisins, always make a tasty snack
- ◇ Crispy Date Bars (page 369\*)
- ◇ Marshmallow Treats—everybody’s favorites!...add some puffed rice cereal and lower the phe content (page 368\*)
- ◇ Butterscotch Brownies (page 371\*)
- ◇ Million Dollar Candy Bars (page 439\*)
- ◇ Caramel Popcorn (page 449\*)
- ◇ Marshmallow Rice Krispie Candy (page 433\*)
- ◇ Popcorn Balls (page 449\*)
- ◇ Candy Pretzels—a fun holiday treat! (page 435\*)



Note: Some of the treat recipes require “protein-free premix for almond bark” which is difficult to find after the holiday season. Make sure to stock up during the holiday season to have it to use throughout the year.

Be sure to buy the protein-free brands, such as “Gurley’s,” “Tastee-Fresh,” “Flavor-Rite,” “Maxie,” and “Sathers.”

\*Recipe found in Low Protein Cookery for PKU by Virginia E. Schuett, Third Edition, 1997.



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# FOODS TO “TAKE-ALONG”



Here are some low-phe food ideas to bring along to friend and family get-togethers that everyone will enjoy!

	Food	Page*
<b>APPETIZERS</b>	Assorted vegetables, pickles, black olives, with Miracle-Whip based dip	
<b>SALADS</b>	Golden Coins	297
	Waldorf Salad	148
	Fruit Salad	149
	Blushing Apple Cranberry Salad (This is especially festive!)	152
	Coleslaw	164
<b>MAIN DISHES</b>	Chinese Sweet-Sour Vegetables	260
	Garden Vegetable Chowder	138
	Mom’s PKU Casserole	304
	Glorified Stew	305
	Mushroom Soup and Rice	300
	Quick Green Been Casserole	306
	Green Beans Supreme	195
	Green Beans Polynesian	196
	Mediterranean Vegetable Casserole	219
	Garden Fresh Casserole	250
<b>DESSERTS</b>	Fresh Fruit Plate (Always a welcome addition to any meal.)	
	Peppermint Crunch Dessert	482
	Pistachio Fluff (It’s called a salad, but it tastes like a dessert!)	155

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