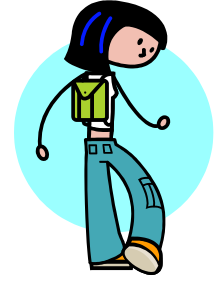


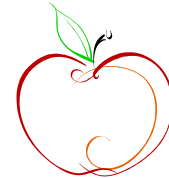
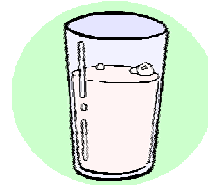


After School Snacks



Phenyl-Free and cookies are a classic after school snack. Everybody is starving after school and especially after vigorous activities like soccer, basketball, chorus, band, or TV!

So imagine if you will.....
a huge, ice cold glass of Phenyl-Free
with some delicious cookies and
a big crunchy red Washington Delicious apple.
Ahhh, ahh! Bliss!!!



But back to reality. There are choices to be made.
You look in the cupboards and you spot a strawberry Pop-Tart, and it looks good!! You are so-o-o-o hungry!! You look at the Food List.

Choke...gasp, gasp... _____ **mg of PHE** for that little thing!

No way!, you say. You've only got **150 mg PHE** left for the day!

You forage on.....a package of Hostess Ding Dongs catches your eye! You reach for it and the Food List!

1 Ding Dong has _____ mg PHE and the package has 140 mg PHE.

At this rate, you'll be hungry at dinner and will need to dine on applesauce, apple juice, apples wedges, and apple peels!

Finally you decide, when all else fails, grab that apple and **munch, munch, munch** while you decide what to do. Then you drink the big, tall, glass of Phenyl-Free while you relax and ponder the situation at hand.

Now you feel lots better, lots fuller, and able to make a choice....

You notice a box of Kix cereal, a box of Rice Krispies, and a box of Puffed Rice. Conveniently, on the same shelf is a bag of mini-marshmallows. It all begins to click! Nucoa margarine is found in the 'fridge', sauce pan in the cupboard, wooden spoon in the drawer...all set! But which cereal to use?

You begin to think it through. You decide that you want good taste, sort of sweet, but not too sweet, crunchy, as much as possible, without too many PHEs and fairly quick results.

Rice Krispie Squares or Marshmallow Treats, as some people call them, are a classic and fit your criteria. You consider the recipe on the back of the box.

Kellogg's Rice Krispie Treats

- 3 Tbsp margarine
- 1 package (10 oz., about 40) regular marshmallows *or* 4 cups miniature marshmallows
- 6 cups Kellogg's Rice Krispies cereal
- Vegetable cooking spray

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Coat 13 x 9 x 2-inch pan with cooking spray. Using buttered spatula or waxed paper, press mixture evenly into the pan. Cut into 2 x 2-inch squares when cool.

Yields: 24 squares

The ingredients all seem OK. The next step is to calculate the PHE in the recipe.

3 Tbsp Margarine = _____ mg PHE

(You always use Nucoa to save time in calculations.)

4 cups mini-marshmallows (1 cup = 15 mg PHE x 4 cups) = _____ mg PHE

6 cups Rice Krispies cereal (1 cup = 90 mg PHE x 6 cups) = _____ mg PHE

Total PHE per recipe = _____ mg PHE

The recipe makes 24 squares.
So _____ mg PHE divided by 24 = _____ mg PHE per cookie.

You stop and think a minute....This is rather a lot of PHE because you know you will eat at least 3 cookies.

3 cookies x 25 mg PHE per cookie = _____ mg PHE

Instinct tells you (or is it the Food List?) that if you make the recipe exactly as it is on the box and cut it into 36 cookies...

_____ mg PHE in total recipe divided by 36 = _____ mg PHE per cookie.

Hmmmm, 15 mg PHE per cookie. Not bad. You could have 3 of these smaller Rice Krispie Squares for 45 mg PHE instead of one Mother's Chocolate Chip cookie or 1.7 Oreos. 1.7 Oreos! Nobody ever eats just a half or 0.7 of a small cookie, just like no one ever eats just one chip!

Then you decide to think of other ways to have a low PHE snack. So before you do any mixing or measuring, you decide to look at the box of Puffed Rice.

Again, instinct tells you (or is it the Food List again) that 1 cup of Puffed Rice has 38 mg PHE.

You ponder: 1 cup Rice Krispies has _____ mg PHE; 1 cup of Puffed Rice has 38 mg PHE..... Since Puffed Rice has less than half as much PHE as Rice Krispies, that is a way to decrease the PHE in the recipe.

This time:

3 Tbsp Margarine = _____ mg PHE

This is the same; more PHE; less PHE than before.

4 cups mini-marshmallows (1 cup = 15 mg PHE x 4 cups) = _____ mg PHE

This is the same; more PHE; less PHE than before.

6 cups Puffed Rice cereal (1 cup = 38 mg PHE x 6 cups) = _____ mg PHE

This is the same; more PHE; less PHE than before.

Total PHE per recipe = _____ mg PHE

Nice total!! Maybe you'll add some almond flavoring too. Just for fun.

Previous total = _____ mg PHE per recipe
 Minus new total = _____ mg PHE per recipe
 Savings = _____ mg PHE

You pause and consider. This is a savings of _____ mg PHE for the whole recipe!
 Now to take a look at the PHE per cookie.

_____ total mg PHE per recipe divided by 36 cookies = _____ mg
 PHE per cookie!

Hmmmm, _____ mg PHE per cookie.

WOW! LOW! You could have 3 cookies for _____ mg PHE and still have plenty of PHEs left for a really good dinner.

You think you'll put that potato in the oven to bake right now!!



Or should you have rice with green onions and mushrooms?

Or tagliatelli with tomato sauce?



Or.....???



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