

LUNCHBOX LOVE: SAVOURY PUMPKIN MUFFINS



12 SERVINGS



1H 30 MIN



SNACK



NUTRITIONAL INFORMATION

- 2064 kcal per recipe (12 muffins)
- 172 kcal per serving (muffin)
- 3.7g protein per recipe of 12 muffins (butter & mushrooms)
- Check suitability of this recipe & the number of exchanges with your Dietitian

INGREDIENTS

- 250 g **Loprofin Mix**
- 1 tsp bicarbonate of soda
- 1 tsp ground turmeric
- 110 g melted butter
- 2 tsp **Loprofin Egg Replacer** (Egg replacer <0.1 g /100g)
- 1 tsp dried herbs
- 150 g pumpkin puree
- 200 ml **Loprofin Drink, Sno-Pro or Plant Based Milk** (<0.5g protein/100 ml)
- 2 tsp lemon juice
- Season with salt and pepper
- 50 g black olives
- 100 g low-protein cheese
- 60 g fried mushrooms

METHOD (1/2)

1. In a jug, mix the pumpkin puree, **Plant Based low protein milk**, lemon juice and melted butter
2. In a bowl, place the **Loprofin Mix, Egg replacer**, salt, ground turmeric and bicarbonate of soda before whisking together using a wire whisk
3. Stir in the pumpkin mixture from the jug - stir to combine

IMPORTANT NOTICE

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

LUNCHBOX LOVE: SAVOURY PUMPKIN MUFFINS

METHOD (2/2)

4. Add in the olives, mushrooms, and half the cheese (don't over-mix at this stage)
5. Divide the mixture into 12 muffins and sprinkle over the rest of the cheese
6. Bake at 180°C for 10-15 minutes - the top should be golden when baked and will spring back when you press your finger on top
7. Allow the muffins to cool in the tin for 15 minutes before transferring them to a wire rack to cool

CHEF'S TIPS

- If you want to use fresh pumpkin, chop it into slices and steam it until it is a soft mash. Allow to cool before using in the recipe
- You can add 75 g of grated courgettes and carrot to this recipe
- Slice the muffins to use them in sandwiches or toast for breakfast
- You can freeze these muffins 3 months - slice before freezing
- You can add other spices to this loaf including ground paprika, cumin, chilli powder

Please note:

**Despite careful calculation, nutritional values may differ per low-protein product. Therefore, always consult your dietitian when using or adjusting low-protein recipes.

*Loprofin products are foods for medical use. Dietary food for congenital metabolic diseases or conditions requiring a protein-restricted diet for use under medical supervision.

IMPORTANT NOTICE

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