



METABOLICS

All Loprofin products are classified as Food for Special Medical Purposes (FSMP) and must be used under medical supervision

# DRINKS





## BLACK RASPBERRY SMOOTHIE



1

Servings: 1

### Ingredients

- 200 g raspberries (fresh or frozen)
- 285 g canned blackberries in fruit juice
- 2 tsp vanilla extract
- 2 tsp honey
- 200 ml **Milupa-1p-Drink** or **Sno-Pro**

### Directions

1. Place all ingredients into a blender and blend for 1 minute.
2. Sieve out seeds if desired and chill before serving.
3. 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.*



## STRAWBERRY AND KIWI FRUIT SHAKE

2

Servings: 2

### Ingredients

- 250 g (1 punnet) strawberries, chopped
- 2 fresh kiwi fruit, peeled and chopped
- 1 tsp of caster sugar

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- 200 ml **Milupa-lp-Drink or Sno-Pro**

### Directions

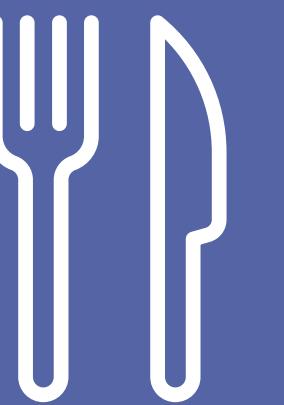
1. Place the strawberries and kiwi fruit in a blender or food processor and blend for 1 minute.
2. Add the sugar and Milupa-lp-Drink and blend for a further 1-2 minutes.
3. Pour into a glass and serve.

Serving suggestion

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# SAVOURY





## ANIMAL PASTA WITH TOMATO SAUCE

②

Servings: 2 Total cooking time : 30 minutes

### Ingredients

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 clove of garlic, crushed
- 50 ml water
- 2 green capsicums, seeded and diced
- 4 tomatoes, chopped
- Salt and pepper

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- 100 g Loprofin Animal Pasta

### Directions

1. Heat oil in a medium pan; fry the onion and garlic for 2-3 minutes, until soft.
2. Add the capsicums, tomatoes and water – cover and leave to simmer for 10-15 minutes. Season with salt and pepper.
3. Meanwhile, fill a saucepan with water. Bring to the boil and add the Loprofin Animal Pasta, with some oil and salt.
4. Return to the boil (stirring) and cook for 8-10 minutes, stirring occasionally to prevent the pasta from sticking together. When the pasta is cooked, drain well.
5. Once drained, place the cooked pasta back into the saucepan and stir through the sauce.

Serving suggestion

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# BAKED VEGETABLE PENNE

6

Servings: 6

## Ingredients

- ¼ cup olive oil
- 1 medium eggplant, chopped into small cubes
- 3 medium carrots, chopped
- 3 stalks celery, chopped
- 1 medium onion, finely chopped
- 3 garlic cloves, crushed
- 400 g can diced tomatoes
- 1 tbsp tomato paste
- Salt and pepper
- 1 tbsp lemon zest
- 1 cup vegetable stock
- 100 g low protein cheese, grated
- 4 tomatoes, sliced
- Dried herbs
- 25 g butter
- Salt and pepper
- Pinch of nutmeg

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- 250 g **Loprofin Penne**
- 2 tbsp **Loprofin Baking Mix**
- 1 cup Loprofin Sno-Pro or Milupa-Ip-Drink

Serving suggestion

## Directions

1. Preheat oven to 180°C. In a large saucepan bring 1L water to the boil and add 1 tsp salt and 1 tbsp oil. Once boiling, add pasta and cook for 8 minutes (slightly undercooked), stirring occasionally. Drain pasta and rinse with boiling water. Leave to the side.
2. Heat half the oil in a large pan. Add the eggplant and fry for 8 minutes, stirring until golden. Remove and transfer to paper towel to drain. Add the celery and carrot to the pan and cook, adding more oil if required, for 8 minutes. Remove from pan. Add remaining oil to pan and add the onion and garlic, stirring for 1 minute. Add the tomato paste and diced tomatoes and stir through. Add the vegetables back into the pan and stir through the tomato mixture. Mix in the lemon zest and salt and pepper.
3. To make the white sauce, in a saucepan, melt the butter over low heat. Add the baking mix and stir over low heat until combined. Using a whisk, stir in the Sno-Pro gradually. Bring to the boil while stirring, until sauce thickens. Season with salt and pepper and mix through nutmeg.
4. In a baking dish, layer the pasta mixture, followed by a small amount of white sauce until all is used. Sprinkle grated cheese over the top, and cover with sliced tomatoes and a sprinkle of dried herbs. Bake for 45 minutes until crispy. Allow to rest for 10 minutes before serving.



## BASIC WHITE SAUCE

②

Servings: 2 cups

### Ingredients

- 50 g butter
- Salt and pepper to taste
- Pinch of nutmeg
- 2 cups **Sno-Pro or Milupa-Ip-Drink**
- $\frac{1}{4}$  cup **Loprofin Baking Mix**

### Directions

1. In a pan, melt the butter over low heat.
2. Add the Loprofin Baking Mix and stir over low heat for a few minutes, until combined.
3. Using a whisk, stir the Sno-Pro/Milupa-Ip-Drink gradually into the mixture. Bring to the boil while stirring, until sauce has thickened.
4. Season with salt and pepper and add a pinch of nutmeg. Use with dishes such as pasta bakes, lasagne, vegetable bake etc.



Serving suggestion



# BUTTERNUT PUMPKIN STROGANOFF

②

Servings: 2 cups

## Ingredients

- 1 tbsp butter
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 red capsicum, chopped
- 150 g butternut pumpkin, chopped
- 150 g mushrooms, sliced
- 350 ml vegetable stock
- 2 tbsp tomato paste
- Salt and pepper, to taste
- 1 tbsp fresh parsley, chopped

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- 350 ml **Sno-Pro or Milupa-Ip-Drink**
- **Loprofin Rice**, cooked, to serve
- 4 tbsp **Loprofin Baking Mix**

Serving suggestion

## Directions

1. Melt the butter in a large frying pan over a medium heat. Add the onion, garlic, capsicum and pumpkin, stirring until the vegetables have softened.
2. Turn the heat up to medium-high and add the mushrooms. Cook until they are softened and browned. Transfer the vegetables to a bowl and set aside.
3. In the same pan, add the vegetable stock and stir. Bring the stock to the boil and cook until it has reduced by one-third. Reduce the heat to low and return the vegetables to the pan.
4. In a small bowl, mix together the tomato paste, Sno-Pro and Loprofin Baking Mix.
5. Remove the pan from the heat, add the paste to the pan and stir through. Return the pan to the heat and continue to cook over a low heat, until the sauce thickens.
6. Season to taste with salt and pepper. Serve over Loprofin Rice and garnish with chopped parsley.



## CANNELLONI WITH ROAST CAPSICUM SAUCE

4

Servings: 4 Total cooking time : 30 minutes

### Ingredients

- 1 large red capsicum
- 2 tsp butter
- 2 stalks celery
- 1 small onion, finely chopped
- $\frac{1}{3}$  cup vegetable stock
- 1 tbsp tomato puree
- $\frac{1}{4}$  tsp ground nutmeg
- $\frac{1}{4}$  tsp dried thyme
- $\frac{1}{4}$  tsp dried rosemary
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 tsp salt
- Fresh chopped parsley

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- 200 ml Sno-Pro or Milupa-lp-Drink
- 8 Loprofin Lasagne Sheets
- 2 tsp Loprofin Baking Mix

Serving suggestion



### Directions

1. Pre-heat oven to 200°C.
2. Prepare the sauce – cut the red capsicum into quarters and place under a preheated grill, skin side up, for a few minutes until the skin has blackened. Wrap the capsicums in cling wrap to sweat. After a few minutes remove the skin from the capsicums and place the flesh, butter, Baking Mix and Sno-Pro/Milupa-lp-Drink into a food processor or blender, process until smooth. Reserve until required.
3. Prepare the filling – roughly chop the capsicum and celery, transfer to a food processor and process briefly, until finely chopped.
4. Heat the oil in a saucepan, add the onion, cover and fry over a moderate heat for 1-2 minutes, until transparent, stirring occasionally to prevent browning. Stir in the chopped capsicums and celery, cover and cook for 5 minutes over a moderate to low heat, stirring occasionally. Stir in remaining filling ingredients and reheat. Cover the pan whilst preparing the pasta.
5. Fill a large pan, three-quarters full with water, add the oil and salt, bring to the boil. Individually place 4 Loprofin Lasagne sheets in the boiling water and cook for 5 minutes, over a moderate heat. (Check during cooking to ensure the pasta sheets do not stick to each other.) Carefully remove each lasagne sheet from the pan onto a flat surface. Repeat the cooking process with the remaining lasagne sheets. When all the lasagne is part cooked, divide the filling between the sheets, roll up each one to form a tube. Pour a thin layer of prepared sauce to cover the base of an ovenproof dish and arrange the cannelloni rolls on top. Pour the remaining sauce over the rolls and cover the dish with foil.
6. Bake in a preheated oven for 25 minutes. Serve immediately sprinkled with fresh chopped parsley.

**Tip:** Sprinkle cannelloni with low protein cheese before baking for a cheesy topping.



## CARROT AND BOK CHOY RISOTTO

2

Servings: 2 Total cooking time : 20 minutes

### Ingredients

- 1 tbs olive oil
- 1 clove garlic
- $\frac{1}{4}$  onion finely chopped
- $\frac{1}{2}$  tsp turmeric
- $\frac{1}{2}$  tsp dried herbs (optional)
- 350 ml boiling water
- 1 bunch baby carrots, peeled
- 1 bunch baby bok choy, chopped, stems and leave separated
- 1 tsp lemon rind
- 1 tbsp coriander, chopped
- Salt and pepper to taste
- $\frac{1}{2}$  cup Loprofin Rice

### Directions

1. Heat oil in a saucepan over a medium heat. Add the onion, turmeric, garlic and herbs, and cook for 2-3 minutes.
2. Add the Loprofin rice and mix through. Add the water and stir well, bringing to the boil. Reduce heat and simmer for 15 minutes, stirring frequently to prevent rice sticking to the pan. As the water reduces, add more boiling water as required, until the rice is cooked.
3. Add carrots and stems of bok choy, cook gently for 3 minutes. Add leaves of bok choy, lemon rind and coriander. Cook for a further 2 minutes or until cooked.
4. Season with salt and pepper and serve.

Serving suggestion

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# CAULIFLOWER BAKE

4

Servings: 4

## Ingredients

- 1 cauliflower, cut into florets
- 25 g butter
- Salt and pepper to taste
- Low protein bread crumbs

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- 1 cup Sno-Pro or Milupa-Ip-Drink
- 1 tbsp Loprofin Baking Mix

## Directions

1. Preheat oven to 180°C.
2. Steam cauliflower in the microwave for 6 minutes, until just tender. Place cauliflower florets in a baking dish.
3. In a saucepan, melt the butter over low heat. Add the Loprofin Baking Mix and stir over low heat for a few minutes, until combined. Using a whisk, stir the Sno-Pro/Milupa-Ip-Drink gradually into the mixture. Bring to the boil while stirring, until sauce has thickened.
4. Season with salt and pepper.
5. Pour sauce over the cauliflower and top with low protein bread crumbs.
6. Bake uncovered for 10-15 minutes or until bread crumbs have browned.



Serving suggestion

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# CREAMY MUSHROOM LASAGNE

6

Servings: 6 Total cooking time : 55 minutes

## Ingredients

- 4 tsp olive oil
- 1 leek, chopped
- 2 garlic cloves, crushed
- 250 g mushrooms, sliced
- Baby spinach leaves
- 25 g butter
- Salt and pepper

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- 300 ml Sno-Pro or Milupa-lp-Drink
- ¼ cup Loprofin Baking Mix
- 1 packet Loprofin Lasagne

## Directions

1. Preheat oven to 200°C.
2. Heat the oil in a pan. Add the garlic and leek and fry for 2-3 minutes. Add the mushrooms and continue to fry for a further 2-3 minutes until the mushrooms are soft, season to taste.
3. In a separate pan, melt the butter over low heat, add the Loprofin Baking Mix. Stir over low heat for a few minutes. Using a whisk, stir the Milupa-lp-Drink or Sno-Pro gradually into the flour mixture. Bring to the boil while stirring, until sauce has thickened. Season with salt and pepper and set aside.
4. Layer the bottom of an oven-proof dish with ¼ of the mushroom mixture, and layer over some spinach leaves. Cover with Loprofin Lasagne sheets and ¼ of the white sauce. Repeat the process 4 times, ending with white sauce and layering a few mushrooms over the top.
5. Bake for 35-40 minutes until golden and the lasagne is cooked.

Serving suggestion

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## CREAMY TOMATO PASTA SAUCE

4

Servings: 4

### Ingredients

- 700 g jar passata sauce
- 1-2 tbsp sundried tomatoes, finely chopped
- Fresh chilli, chopped or  $\frac{1}{2}$  teaspoon of chilli flakes (optional)
- Salt and pepper

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- 200 ml Sno-Pro or Milupa-Ip-Drink

### Directions

1. Add passata sauce to saucepan, cook over a moderate heat for 5 minutes. Add the sundried tomatoes and chilli (optional) to the pan and stir well. Cover the pan, reduce the heat and simmer for 10-15 minutes.
2. Stir in the Sno-Pro and season with salt and pepper.
3. Serve with your choice of Loprofin Pasta.

**Tip:** If you prefer a smooth sauce you can blend the sauce prior to serving.

Serving suggestion

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# EGGPLANT AND TOMATO PASTA

4

Servings: 4

## Ingredients

- 2 tbsp olive oil
- 1 large eggplant, cut into 2cm cubes
- 1 small onion, diced
- 2 garlic cloves, finely chopped
- 400 g can chopped tomatoes
- 2 tbsp fresh basil, chopped
- Salt and pepper
- 200 g Loprofin Fusilli



Serving suggestion

## Directions

1. Heat a little olive oil in a pan. Add the eggplant and cook until golden-brown on all sides. Remove and place in a bowl.
2. Heat some more olive oil over medium heat. Add the onion and garlic and fry for one minute, then add the tomatoes and eggplant and stir well. Stir through the basil, salt and pepper and simmer for 20 minutes.
3. Meanwhile, in a large saucepan bring 1L water to the boil and add 1 tsp salt and 1 tbsp oil. Once boiling, add pasta and cook for 8-10 minutes, stirring occasionally. Drain pasta and rinse with boiling water.
4. Serve the eggplant sauce over the pasta.

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# EGGPLANT ROLLS



4

Servings: 4

## Ingredients

- 1 large eggplant
- 4 zucchini, cut in half lengthways
- 8 thin slices of tomato
- 16 fresh basil leaves
- Cooking oil
- 400 g canned chopped tomatoes
- $\frac{1}{4}$  tsp chilli powder
- $\frac{1}{4}$  tsp sugar
- 125 ml clear vegetable broth
- Salt and pepper
- 8 sheets Loprofin Lasagne

## EGGPLANT ROLLS

### Directions

1. Preheat oven to 200°C.
2. Trim the ends from the eggplant and cut lengthways about half a centimetre thick. Place the eggplant on a flat surface and sprinkle with salt. Leave for at least 20 minutes. Wash the eggplant slices in cold water and dry with paper towels. Arrange on a baking tray and brush with oil. Place on a preheated grill for approximately 3 minutes, until lightly browned. Turn the slices, brush with oil and grill for 3 more minutes.
3. Cook the zucchini in boiling salted water for 5 minutes. Drain.
4. Fill a large pan 3/4 full with water, and add 1 tbsp oil and 1 tsp salt. Bring to a boil. Individually place 4 Loprofin Lasagne sheets in the boiling water and cook for 5 minutes, over medium heat. (Check during cooking to ensure the pasta sheets do not stick together). Carefully remove each lasagne sheet from the pan onto a flat surface. Repeat the cooking process with the remaining lasagne sheets.
5. Place all the sauce ingredients in a blender or food processor and blend until smooth.
6. Place a slice of eggplant on a flat surface and cover with a sheet of lasagne. Place a slice of tomato at one end and lay two basil leaves and a piece of zucchini on the tomato. Roll up the eggplant and pasta, from the tomato end, to form a tube. Repeat with remaining eggplant, pasta, tomato, basil and zucchini, to give 8 rolls. Pour a thin layer of sauce into the baking dish and arrange the eggplant rolls on the top. Pour the remaining sauce over the rolls and cover the dish with tin foil.
7. Bake at 200°C for 25 minutes. If desired, garnish with sprigs of basil. Serve immediately.



Serving suggestion

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## FRIED RICE WITH A HOT TWIST



②

Servings: 2

### Ingredients

- 2 tbsp olive oil
- 1 spring onion, finely chopped
- 1 tsp garlic puree (or 1 clove garlic)
- 1 red chilli, deseeded and finely chopped
- 1 carrot, chopped
- $\frac{1}{2}$  cup bok choy, chopped, leaves and stems separated
- 1 tbsp soy sauce
- Salt and pepper
- $\frac{1}{2}$  cup **Loprofin Rice**

### Directions

1. Fill a large pot  $\frac{3}{4}$  full with water and bring it to the boil, then add 1 tsp of oil and the Loprofin Rice. Return to the boil, stirring, reduce the heat slightly and cook for 10-12 minutes, stirring occasionally to prevent the rice from sticking together.
2. While the rice is cooking, heat a wok or non-stick pan and add remaining olive oil. When the oil is heated, add the onion, garlic, chilli and bok choy stems, cook for 2 minutes, stirring continuously. Add the bok choy leaves and stir through.
3. Add the cooked Loprofin Rice and cook for 3-4 minutes, stirring continuously. Stir in the soy sauce.
4. Season with salt and pepper to taste.

Serving suggestion



# GARLIC AND SUNDRIED TOMATO PIZZA

1

Servings: 1

Total cooking time : 1 hour 10 mins.

## Ingredients

### For Pizza Base:

- 125 ml water warm
- Pinch of salt
- Pinch of sugar
- ½ sachet of dried yeast
- 1 tbsp psyllium husk
- 1 ½ tbsp olive oil

### For The Topping:

- 2 tbsp extra virgin olive oil
- Sprinkle of zaatar (or any dried herbs)
- 1 garlic clove, thinly sliced
- 80 g mushrooms, sliced
- ½ red onion, sliced
- 6 sundried tomatoes, left whole
- Handful artichokes (from a jar)
- Handful of rocket leaves
- Drizzle of balsamic vinegar
- 30 g creme fraiche
- Salt and pepper

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- 250 g **Loprofin Baking Mix**
- 100 ml **Sno-Pro**

## Directions

1. To make the pizza base, place the warm water, Sno-Pro, dried yeast, sugar and psyllium husks to a bowl, stir and allow to stand for 10 minutes until the mixture thickens. Add the olive oil, salt and Loprofin Baking Mix to the bowl and beat for 3 minutes. Leave the dough to rise in a warm place for 30 minutes or until it has doubled in size.
2. Preheat the oven to 200°C. Transfer the dough to a lightly floured surface and roll out thinly into the shape of a pizza. Transfer the dough onto a baking dish and drizzle with the olive oil. Top with dried herbs, garlic, mushrooms, red onion, sundried tomatoes and artichokes. Finish with an extra drizzle of olive oil and season with some salt and pepper.
3. Bake in a preheated oven for 20-25 minutes or until the base is golden brown.
4. Serve with lots of fresh rocket, a drizzle of balsamic vinegar and some creme fraiche.

Serving suggestion

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## INDIAN RICE



②

Servings: 2

### Ingredients

- 1 tsp olive oil
- 1 clove garlic, crushed
- 1 small red onion, diced
- 1 tsp Garam Masala (Indian spice)
- $\frac{1}{2}$  cup Loprofin Rice

### Directions

1. Fill a large pot  $\frac{3}{4}$  full with water and bring it to a boil, then add 1 tsp of oil and the Loprofin Rice. Return to a boil, stirring, reduce the heat slightly and cook for 10-12 minutes, stirring occasionally to prevent the rice from sticking together.
2. Meanwhile, in a small frying pan, heat the oil then add the onion and garlic and sauté for 3 minutes. Add the Garam Masala and sauté for another 2 minutes.
3. Rinse the rice with boiling water. Mix the onion and spices into the cooked rice.
4. Serve as an accompaniment to vegetable curries.

Serving suggestion

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# LEEK AND MUSHROOM RISOTTO

②

Servings: 2

## Ingredients

- 25 g butter
- 1 tbsp olive oil
- ½ onion, finely chopped
- 1 clove garlic, finely chopped
- 1 leek, sliced
- 100 g assorted mushrooms, chopped
- 1 tbsp sage, chopped
- 120 ml white wine (optional)
- 350 ml vegetable stock
- 1 tbsp parsley
- Salt and pepper

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- 1 cup Loprofin Rice

## Directions

1. Heat butter and oil in a saucepan over a medium heat. Add the onion, garlic and leek and fry for 2 minutes, until soft. Add mushrooms and sage and stir through. Add the Loprofin Rice to the pan and stir for a further minute. Add wine and stir through. Gradually add stock, a little at a time and stir well.
2. Reduce heat and simmer for 15 minutes, stirring frequently to prevent rice sticking to the pan. As the stock reduces, add more stock as required until rice is cooked.
3. Season with salt and pepper and garnish with parsley.



Serving suggestion

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# LOW PROTEIN PATTIES

8

Servings: 8



## Ingredients

- 250 g sweet potato, peeled and grated
- 175 g mushrooms, finely chopped
- 1 large onion, finely chopped
- 1 tbsp oil
- 30 g margarine
- 1 tsp dried mixed herbs
- 1 tbsp tomato puree
- Salt and pepper, to taste
- Browning essence, for colour (optional)
- Oil to fry

•  $\frac{3}{4}$  cup **Loprofin Baking Mix** plus extra for rolling and shaping

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Serving suggestion

## Directions

1. Heat a large fry pan and add the oil and margarine. Add the sweet potato, onion and mushrooms, stir well. Cook for 5 minutes or until softened. Stir in the dried herbs, salt, pepper, tomato puree and browning essence and mix well.
2. Remove from heat and mix in the Loprofin Baking Mix. Leave to cool slightly.
3. Using a large spoon, shape spoonfuls into a burger shape and cover in extra baking mix to prevent sticking.
4. Add oil to fry pan and fry patties until golden brown on both sides.
5. Serve warm or allow to cool and freeze for later use.



# VEGE PASTIES

13

Servings: 13



## Ingredients

### Filling

- 1 medium carrot
- ¼ red capsicum
- 2 spring onions
- 3 button mushrooms
- 1 tbsp vegetable oil
- small knob of butter
- salt and pepper

### Pastry

- ½ tsp taco seasoning
- pinch of salt
- 20 ml (1 tbsp) vegetable oil
- 80 ml (4 tbsp) water

• 1 cup Loprofin Baking Mix

## Directions

### FILLING

1. Peel carrot and finely dice, finely dice capsicum, mushrooms and finely slice the spring onions. Add salt and pepper.
2. Saute gently in the oil and butter in a small frying pan for about 8 minutes, stirring occasionally. Let mixture cool enough to handle.

### PASTRY

3. Combine Loprofin Baking Mix, taco seasoning and salt in a small bowl, make a well in the centre and add the oil and water. You may want to add a little more water for the pastry to come together but wait before adjusting.
4. Knead dough for about 30 seconds until combined. Break into two portions to make it easier to rollout. Roll out one portion quite thinly. Use an egg ring to cut out circles of dough. Use a little extra Loprofin Baking Mix on rolling pin and board. Holding the pastry circle in one palm, fill it with a spoonful of the filling, fold over and shape like a pastry. With fingers seal edge well.
5. Shallow fry in frying pan for about one minute on each side. Cook a little longer only if needed. Drain on paper towel.

Serving suggestion

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# MOROCCAN RICE AND VEGETABLE BURGERS

4

Servings: 4

## Ingredients

- ½ onion, finely chopped
- ¾ cup sweet potato (kumara), cut into cubes
- 1 small carrot, grated
- ½ cup pumpkin, cut in cubes
- ¼ cup celery, finely chopped
- 2 tsp tomato puree
- 2 tsp garlic puree
- 1½ tsp mustard
- 1-4 tbsp Moroccan Seasoning (add to taste)
- Salt and pepper, to taste
- Oil to fry

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- ½ cup **Loprofin Baking Mix**
- ½ cup **Loprofin Rice** (pre-cooked)

## Directions

1. Cook all the vegetables together in boiling water until soft. Drain well (you do not want any water in the mixture) and mash together.
2. Add the tomato puree, garlic puree, mustard, seasoning, Loprofin Baking Mix and pre-cooked Rice and mix until combined (you may need to add additional Loprofin Baking Mix to ensure the mixture is a mash potato consistency). Season with salt and pepper.
3. Divide the mixture into 4 portions and shape into patties.
4. Heat some oil in a fry pan\*. Cook the burgers for 5-6 minutes, turning frequently, until golden and crisp on each side.

**Tip:** For a lighter variation, you can also cook the patties on a lightly greased baking tray at 200°C for 15-20 minutes or until browned.

Serving suggestion



## NAAN BREAD



8

Servings: 8 Total cooking time : 1 hour 20 mins.

### Ingredients

- 250 ml water warm
- 8 g psyllium husks
- 3 tbsp olive oil
- 3 g sugar
- ½ tsp fine salt
- 1 tsp mixed herbs

### Equipment

- Greased baking tray and a bowl.
- 200 ml **Sno-Pro** (warm)
- 500 g **Loprofin Baking Mix** plus extra for dusting
- 1 sachet dried yeast (supplied with **Loprofin Baking Mix**)

### Serving suggestion

### Directions

1. Place the warm water and Sno-Pro in a bowl, add the dried yeast and stir. Add the sugar and psyllium husks to the bowl, stir and allow to stand for 10 minutes until the mixture thickens.
2. Add the olive oil, salt, mixed herbs and Loprofin Baking Mix to the bowl and beat for 3 minutes. Leave the dough to rise in a warm place for 30 minutes or until it has doubled in size.
3. Transfer the dough to a lightly floured surface, cut the dough in two and roll each piece into a thick sausage shape. Cut the dough into 5 pieces and flatten each one with the palm of your hand.
4. Preheat oven: 200°C/400°F/Gas mark 6.
5. Transfer the dough onto a baking tray and bake in a preheated oven for 20 minutes or until they are golden brown.



# PLAIN HOMEMADE BREAD LOAF

1

Servings: 1 Total cooking time : 1 hour 5 mins.



## Ingredients

- 250 ml water warm
- Pinch of salt
- Pinch of sugar
- 1 tbsp psyllium husks
- 4 tbsp olive oil
- Coarse sea salt

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- 200 ml **Sno-Pro**
- 500 g **Loprofin Baking Mix** plus extra for dusting
- 1 sachet dried yeast (supplied with **Loprofin Baking Mix**)

Serving suggestion

## Directions

1. For the plain bread, preheat the oven to 200°C and oil a loaf tin.
2. Place the water, Sno-Pro, yeast, sugar and psyllium husks into a bowl, stir and allow to stand for 10 minutes until the mixture thickens.
3. Add the Loprofin Baking Mix, salt and olive oil into the bowl with the thickened mixture, then beat for 2-3minutes. Leave the dough to rise in a warm place for 30 minutes or until it has doubled in size.
4. Dust your work surface liberally with Loprofin Baking Mix. Your dough may seem really wet but that is OK. Just keep dusting your surface with the Loprofin Baking Mix until it resembles a dough. Divide your dough into two and place into two oiled loaf tins (or use one half to make tomato & herb bread, as below)
5. Brush your bread with olive oil and sprinkle with coarse sea salt. Bake in the preheated over for 20-25 minutes or until golden brown.
6. Leftovers can be sliced and frozen for up to 3 months. This bread is better toasted once it has been frozen and thawed.
7. If making in a machine follow these instructions: Add the water, Sno-Pro, yeast, psyllium husk and sugar to the bread maker. Stir and leave for 10 minutes to activate the yeast. Add the Loprofin Baking Mix, olive oil and salt and turn on the bread machine.

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# PUMPKIN AND MUSHROOM PASTA

1

Servings: 2 Total cooking time : 20 mins.

## Ingredients

- 2 tbsp olive oil
- ½ onion, chopped
- ½ cup capsicum, chopped
- ½ cup pumpkin, chopped
- ¼ cup mushrooms, chopped
- ¼ cup celery, chopped
- ¼ cup cherry tomatoes
- 1 garlic clove, crushed
- 1 can (400g) diced tomatoes
- 2 tbsp fresh basil, roughly chopped
- Salt and pepper
- 150 g Loprofin Penne

## Directions

1. Heat the oil in the pan, add onion, pumpkin, capsicum, celery, mushrooms, cherry tomatoes and garlic. Stir gently over a moderate heat for 2-3 minutes. Add can of tomatoes and cook for 10-15 minutes.
2. Meanwhile, cook the pasta according to packet instructions.
3. Drain the pasta and add to the sauce.
4. Season well, serve and garnish with chopped basil.

Serving suggestion

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



# PUMPKIN GNOCCHI

4

Servings: 4

## Ingredients

- 1 kg pumpkin (skin on)
- 1 tbsp olive oil
- Salt and pepper, to taste

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- 1 tsp **Loprofin Egg White Replacer**
- 2 cups **Loprofin Baking Mix**, plus  $\frac{1}{2}$  cup for kneading

## Directions

1. Pre-heat oven to 180°C.
2. Remove the skin and seeds from the pumpkin, and chop into 3cm pieces. Place pumpkin into a baking dish and toss through oil. Bake for approximately 30-40 minutes, until tender.
3. In a bowl, mash pumpkin and mix through egg white replacer, salt and pepper until smooth. Add baking mix, gradually, until the mixture comes away from the side of the bowl. Turn onto a board dusted with baking mix and knead until smooth.
4. Using a teaspoon, shape pumpkin mix into ovals and place on a tray. Flatten with a fork.
5. Cook in batches in a saucepan of boiling water for 2-3 minutes or until gnocchi rise to the surface.
6. Drain and serve as is, or with a sauce of your choosing.



*Serving suggestion*

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



# PUMPKIN SOUP

4

Servings: 4

## Ingredients

- 1 tbsp vegetable oil
- 1 large leek, washed and thinly sliced
- 1 large pumpkin, peeled, de-seeded and cut into 1 cm dices
- 4 cloves of garlic, chopped
- 4 cups warm water
- Fresh parsley, chopped, to taste
- Salt and pepper, to taste

---

- 1 tbsp **Loprofin Baking Mix**
- 200 ml **Milupa-Ip-Drink or Sno-Pro**

## Directions

1. Place the leek, pumpkin pieces, garlic and oil into a large, deep heavy saucepan. Cook for 3-4 minutes until the vegetables begin to soften but not brown.
2. In a bowl, mix the Loprofin Baking Mix with the Milupa-Ip-Drink and pour in 4 cups of warm water. Stir well.
3. Gradually pour the liquid mixture into the pan and bring to a boil, stirring continuously. Reduce heat and simmer uncovered for 7-10 minutes until the leeks and pumpkin are tender.
4. Puree mixture with an electric mixer. Season with salt and pepper.
5. Serve, garnishing with black pepper and chopped parsley.



Serving suggestion

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



# LOW PROTEIN RISOTTO

②

Servings: 2 Total cooking time : 20 mins.



## Ingredients

- 1½-2 cups prepared vegetables (see below)
- 1 tbs olive oil
- 1 clove garlic
- ¼ onion finely, chopped
- ½ tsp turmeric
- ½ tsp dried herbs (optional)
- 350 ml boiling water
- ½ cup **Loprofin Rice**

## Directions

1. Prepare vegetables.
2. Heat the oil in the fry pan. Add the garlic, onion, spices and herbs cook for 2-3 minutes.
3. Add the Loprofin rice and mix through. Add the water and stir again. Bring the rice mixture to the boil and simmer for 10 -12 minutes checking regularly. Add more boiling water as required.
4. Add vegetables and flavours, cook gently for 5 minutes or until cooked.

## Vegetable Suggestions:

- A selection of Asian vegetables
- Steamed broccoli and roasted diced pumpkin
- Zucchini, roasted cherry tomatoes and fresh herbs
- A medley of your favourite vegetables

## Flavour Suggestions:

- Fresh herbs (add before serving)
- Lemon juice with black pepper
- 1 tsp grated orange rind,
- ¼ cup torn basil leaves
- 1 tbsp mustard pickles
- Homemade stock

Serving suggestion



# ROASTED VEGETABLES TOSSED WITH PASTA

4

Servings: 4



## Ingredients

- 4 large carrots, peeled and cut in chunks
- 1 small onion, cut into wedges
- 8 small potatoes, halved
- 2 zucchinis, cut in chunks
- 2 tbsp olive oil
- $\frac{3}{4}$  tsp dried basil
- $\frac{3}{4}$  tsp dried oregano
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 1 yellow capsicum, cut into thin strips
- 1 red capsicum, cut into thin strips
- 4 tsp balsamic vinegar

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- 500 g Loprofin Penne

## Serving suggestion

## Directions

1. Preheat oven to 220°C. Place the carrots, onion, potatoes, zucchini, oil,  $\frac{1}{2}$  the teaspoon of basil,  $\frac{1}{2}$  the teaspoon of oregano, salt, and pepper in a roasting pan. Toss to mix and roast for 20 minutes.
2. After the vegetables have roasted, add the capsicums, the remaining  $\frac{1}{4}$  teaspoon of basil and  $\frac{1}{4}$  teaspoon of oregano, and the balsamic vinegar. Stir well and continue roasting for an additional 10 minutes, or until vegetables are tender, but not overly soft. Remove from oven and keep warm until the pasta is cooked.
3. Fill a large pot  $\frac{3}{4}$  full with water and bring to a boil. Add the oil, salt and Loprofin Penne. Return to a boil, stirring, reduce the heat slightly and cook for 8-10 minutes, stirring occasionally to prevent the pasta from sticking together. When cooked, drain and rinse with cold water.
4. Toss pasta and vegetables together. Season with salt and pepper to serve.



## SAVOURY BAGELS



5

Servings: 5

### Ingredients

- 140 ml water warm
- 4 g psyllium husks
- 3 g salt
- 3 g sugar
- 3 ml vegetable oil
- 2 g garlic salt
- 2 g tomato purée
- 5 g dried mixed herbs

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- 100 ml **Sno-Pro** or **Milupa-Ip-Drink**
- 200 g **Loprofin Baking Mix** plus extra for dusting
- 3 g dried yeast (included with **Loprofin Baking Mix**)

### Directions

1. Preheat oven to 210°C. Place the water, Sno-Pro and psyllium husks in a bowl, stir and allow to stand for 10 minutes until the mixture thickens.
2. Add the remaining ingredients (except herbs) to a bowl and add the thickened water mixture. Knead for approximately 5 minutes to form a smooth dough. Cover the dough and leave to proof for 15 minutes.
3. Split the dough into 5 even balls. Roll the dough into smooth balls and create a hole in the centre of each ball. Leave the bagels to rise for 30 minutes in a warm place.
4. Bring 1 litre of water to the boil in a large pan. Add two bagels at a time to the boiling water and boil for 2 minutes on each side.
5. Once ready, remove from the water, place them on a baking tray, coat with a little oil and sprinkle with herbs.
6. Bake in a preheated oven for 20 minutes or until golden brown.
7. Cool fully on a wire rack before serving.

Serving suggestion

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



# SPANISH VEGETABLE PAELLA

4

Servings: 4 Total cooking time : 25 mins.

## Ingredients

- 1 eggplant, cut into 2 cm pieces
- 1 tbsp olive oil
- 3 garlic cloves, crushed
- 1 onion, chopped
- 1 red capsicum, sliced
- 1 tsp saffron
- 2 cups vegetable stock
- 1 in (400g) diced tomatoes
- 100 g mushrooms, sliced
- 100 g green beans, chopped
- Salt and pepper, to taste
- 1 cup Loprofin Rice

## Directions

1. Soak the eggplant in water for 30 minutes, then rinse.
2. In a large frying pan or wok, heat the oil and fry the garlic, onion, capsicum, eggplant and saffron for 5 minutes.
3. Mix in the Loprofin Rice and pour in the stock and tomatoes. Mix and season to taste. Bring to the boil and simmer for 15 minutes uncovered, stirring occasionally to stop the rice sticking to the pan.
4. Stir in the mushrooms and green beans and cook for a further 10 minutes.
5. Season further to taste and serve hot from the pan.



Serving suggestion

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# STUFFED CAPSICUMS

②

Servings: 2

## Ingredients

- 2 tbsp olive oil
- 1 tsp salt
- 2 large capsicums
- 2 shallots, sliced
- 1 garlic clove, crushed
- 200 ml vegetable stock
- 1 tsp tomato relish (optional)
- 2 tomatoes
- Salt and pepper, to taste

---

- $\frac{3}{4}$  cup **Loprofin Fusilli**
- 2 tsp **Loprofin Baking Mix**

## Directions

1. Preheat the oven to 190°C.
2. Fill a large saucepan 3/4 full with water and bring to a boil. Add the pasta, 1 tbsp of the oil, and salt to the pan. Return to a boil, stirring. Reduce the heat slightly and cook for 8 minutes, stirring occasionally to prevent the pasta from sticking together. When the pasta is cooked, drain and rinse with cold water to prevent further cooking.
3. Lightly grease the base of an ovenproof dish. Wash the capsicums and slice off the stalk ends. Remove the core and seeds and stand the capsicums in the dish. If necessary, carefully trim the bases so that the capsicums will stand firmly (take care not to make any holes, or the filling will ooze out during cooking).
4. Fry the shallots and garlic in the remaining oil for 2 minutes, without browning, over moderate heat.
5. Stir in 3/4 of the stock and the tomato relish, and bring to a boil. Cover and cook over a low heat for 5 minutes.
6. Meanwhile, skin the tomatoes, discard the seeds and chop the flesh.
7. In a bowl, mix the Loprofin Baking Mix with the remaining broth until smooth. Gradually stir the mixture into the pan and bring to a boil, stirring until the sauce thickens. Stir the cooked pasta and chopped tomatoes into the sauce. Season with salt and pepper.
8. Divide the mixture evenly between the capsicums in the ovenproof dish, loosely cover with tin foil and bake in preheated oven for 30 minutes.

*Serving suggestion*

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# SUN-DRIED TOMATO VEGETABLE BURGERS

4

Servings: 4

## Ingredients

- 5 tbsp onion, finely chopped
- $\frac{3}{4}$  cup sweet potato (kumara), cut into cubes
- 1 small carrot, sliced
- $\frac{1}{2}$  cup cup pumpkin, cut in cubes
- $\frac{1}{4}$  cup celery, finely chopped
- 2 tsp tomato puree
- 2 tsp garlic puree
- 1 cup sun-dried tomatoes, chopped
- 2 tsp mustard
- Salt and pepper, to taste
- Oil to fry

•  $\frac{1}{3}$  cup **Loprofin Baking Mix**

## Directions

1. Cook all the vegetables together in boiling water until soft. Drain well (you do not want any water in the mixture) and mash together.
2. Add the tomato puree, garlic puree, sun-dried tomatoes, mustard and Loprofin Baking Mix and mix until combined (you may need to add additional Loprofin Baking Mix to ensure the mixture is a mash potato consistency). Season with salt and pepper.
3. Divide the mixture into 4 portions and shape into patties.
4. Heat some oil in a fry pan\*. Cook the burgers for 5-6 minutes, turning frequently, until golden and crisp on each side.



*Serving suggestion*

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## SUNDRIED TOMATO AND BASIL MUFFINS

12

Servings: 12 Total cooking time : 20 mins.

### Ingredients

- $\frac{1}{2}$  tsp salt
- 1 tbs baking powder
- $\frac{1}{3}$  cup olive oil
- $\frac{1}{3}$  cup pizza sauce
- $\frac{1}{2}$  cup sundried tomatoes roughly chopped
- $\frac{1}{4}$  cup fresh basil leaves, chopped

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- 2 cups **Loprofin Baking Mix**
- 2 tsp **Loprofin Egg White Replacer**
- 200 ml **Sno-Pro or Milupa-lp-Drink**

### Directions

1. Preheat oven to 180°C.
2. Combine dry ingredients in a mixing bowl.
3. Add olive oil, pizza sauce and Sno-Pro stirring after each addition. Add basil and sundried tomatoes stirring to combine. Do not over mix.
4. Spoon the mixture into a greased muffin tin (or line with muffin cases) and bake for 10-15 minutes.



*Serving suggestion*

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# SWEET AND SOUR CAPSICUM STIR FRY

12

Servings: 12 Total cooking time : 20 mins.

## Ingredients

- 2 tbsp olive oil
- 1 small red onion, sliced
- 1 large red capsicum, sliced
- 1 large yellow capsicum, sliced
- 50 g snow peas
- $\frac{1}{2}$  head of broccoli, chopped into florets
- 1-2 slices pineapple, chopped (optional)
- 125 ml sweet and sour sauce (check with your dietitian for a suitable brand)

- Loprofin Rice or Loprofin Spaghetti

## Directions

1. Heat the oil in a wok or frying pan over a low heat until hot. Add the red onion and fry for 1-2 minutes. Add the capsicums, snow peas and broccoli and cook for another 3-4 minutes until almost soft.
2. Stir in the pineapple (optional) and the sauce. Heat through for 2-3 minutes.
3. Serve with Loprofin Rice or Loprofin Spaghetti.



Serving suggestion

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# TOMATO AND HERB STRAWS

30

Servings: 30



## Ingredients

- ½ tsp salt
- 8 g psyllium husks
- 3 tbsp olive oil
- 200 ml water warm
- 2 tsp tomato purée
- 2 tsp dried oregano

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- 250 g **Loprofin Baking Mix**
- ½ sachet (1tsp) dried yeast,  
(supplied with **Loprofin Baking Mix**)

Serving suggestion

## Directions

1. Preheat oven to 200°C.
2. Combine Loprofin Baking Mix, yeast, salt, psyllium husks, tomato purée and oregano in a large bowl; add 1 tbsp olive oil and water, beat for 1 minute (if using an electric mixer) or 3–4 minutes with a wooden spoon until batter is smooth and glossy.
3. Transfer batter to a large piping bag fitted with a 5mm nozzle. Cut the end of the piping bag and pipe lengths of dough, about 20cm long, onto greased baking trays. Dip a pastry brush in remaining olive oil and evenly coat each dough stick.
4. Loosely cover the baking tray completely with cling wrap and put in a warm place until dough starts to rise slightly, approx. 10–12 minutes (dough sticks should rise until they have almost doubled in size).
5. Remove cling wrap and place the tray in a preheated oven for approximately 5 minutes, until lightly browned. Remove from the oven once crisp.
6. Cool on a wire rack. When cold store in airtight container.

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# VEGETABLE BIRYANI

6

Servings: 6



## Ingredients

- 2 carrots, diced
- 2 medium potatoes, diced
- 50 g green beans, finely chopped
- 100 g frozen peas
- ½ green capsicum, diced
- ½ red capsicum, diced
- 1 onion, diced
- 2 tsp tomato paste
- 1 tomato chopped
- 1 tsp chopped green chilli
- 2 tsp Garam Masala
- 1 tsp ground turmeric
- 400 ml vegetable stock
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- Chopped coriander, to serve
- Fried shallots, to serve
- Salt and pepper

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- 1½ cups **Loprofin Rice**

Serving suggestion

## Directions

1. Preheat oven to 170°C.
2. In a large saucepan bring 1L water to the boil and add 1 tsp salt and 1 tbsp oil. Once boiling, add rice and cook for 8-10 minutes, stirring occasionally. Drain rice and rinse with boiling water. Leave to the side.
3. Cook the carrot, potato, beans and peas in a pot of boiling water for 3-4 minutes, until tender. Drain.
4. In a pan of hot oil, add the drained vegetables, capsicums and onion and sauté for 5 minutes. Add the tomato paste, chopped tomato, green chilli, garam masala, turmeric, salt and pepper and mix until well combined. Add the cooked rice and vegetable stock and stir through the vegetables. Simmer on low heat until liquid is absorbed.
5. Place the mixture in an ovenproof dish. Sprinkle with cumin seeds and chilli powder. Cover with foil and bake for 15 minutes.
6. Serve sprinkled with chopped coriander and fried shallots.



## VEGETABLE CHOW MEIN

4

Servings: 4

### Ingredients

#### For The Noodles:

- 1½ cup bok choy, shredded
- 50 g mushrooms, cut into strips
- 1 carrot, cut into strips
- 1 cup bamboo shoots (canned or raw), cut into matchsticks
- 3 tbsp olive oil

#### For The Sauce:

- 2 tbsp soy sauce
- 2 tsp sugar
- 2 tsp sherry
- 2 tsp corn flour
- 2 tsp salt
- 2 tsp sesame seed oil

- 400 g Loprofin Spaghetti cooked

### Directions

1. Heat half of the olive oil in a wok or frying pan. Pour the hot oil over the Loprofin Spaghetti and check that they are separated, then place in a serving dish.
2. Heat the remaining oil and quickly stir fry the bamboo shoots, bok choy, carrot and mushroom for 3 minutes.
3. Mix together the sauce ingredients and pour over the vegetables in the wok. Cook for 2 minutes.
4. Serve with Loprofin Spaghetti.

Serving suggestion

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# VEGETABLE CURRY

4

Servings: 4



Serving suggestion

## Ingredients

- 2 cups prepared chopped vegetables of choice e.g. carrot, mushrooms, cauliflower, capsicums, pumpkin, zucchini
- 3 tbsp oil
- 1 large onion, diced
- 4 tsp of garlic purée
- 2 tbsp tomato purée
- 2 tsp chilli powder
- 1 bunch coriander, chopped
- 2 tsp ground cumin
- 2 tsp turmeric
- 2 tsp ground coriander
- 2 tsp ground ginger
- 400 g can chopped tomatoes
- 1 cup of water or stock
- 2 cups **Loprofin Rice**

## Directions

1. Fill a large pot  $\frac{3}{4}$  full with water and bring it to the boil, then add 1 tsp of oil and the Loprofin Rice. Return to the boil, stirring, reduce the heat slightly and cook for 10-12 minutes, stirring occasionally to prevent the rice from sticking together.
2. In a separate large pan, heat oil and sauté the onions in oil until soft. Add the garlic, chilli, tomato purée,  $\frac{1}{2}$  the bunch of chopped coriander and your choice of vegetables. The harder vegetables (carrots & pumpkin etc) will need a longer time for cooking, therefore add these first. Stir the vegetables until soft.
3. Add all of the spices: ground cumin, turmeric, chilli powder, ground coriander and ground ginger and stir for a few minutes. Pour in the chopped tomatoes and water. Cook until all of the vegetables are tender and the sauce has been reduced and thickened.
4. Finish the dish by adding a handful of chopped fresh coriander and serve with the Loprofin Rice.



# VEGETABLE KEBABS

②

Servings: 2

## Ingredients

- 1 zucchini, cut into 8 pieces
- 8 button mushrooms
- 1 red onion, cut into 8 pieces
- 1 capsicum, cut into 16 pieces
- 1 tbsp olive oil

## Directions

1. Thread the prepared vegetables onto 4 skewers and lightly brush with oil.
2. Grill over medium heat for 8-10 minutes, turning frequently.
3. Serve with rice, such as Indian Rice or Fried Rice.



Serving suggestion

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# VEGETABLE LASAGNE

4

Servings: 4 Total cooking time: 1 hour



## Ingredients

- 1 tsp vegetable oil
- 1 onion, diced
- 200 g assorted vegetables (carrot, mushrooms, zucchini), diced
- 1 tbsp fresh or dried herbs
- 1 bay leaf
- 400 g tinned tomatoes
- 100 ml vegetable stock
- 25 g butter

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- 25 g **Loprofin Baking Mix**
- 300 ml **Milupa-lp-Drink or Sno-Pro**
- 1 packet **Loprofin Lasagne**

Serving suggestion

## Directions

1. Preheat oven to 180°C.
2. Heat the oil and fry the onion, vegetables, herbs and bay leaf in a large pan over moderate heat for 3 minutes, stirring occasionally. Stir in the tinned tomatoes and stock and gently heat for 15 minutes.
3. In a separate pan, melt the butter over low heat, add the Loprofin Baking Mix. Stir over low heat for a few minutes. Using a whisk, stir the Milupa-lp-Drink or Sno-Pro gradually into the flour mixture. Bring to the boil while stirring, until sauce has thickened. Season with salt and pepper and set aside.
4. Spoon one quarter of the vegetable sauce over the base of an ovenproof dish and cover with a layer of lasagne sheets. Cover the lasagne with a layer of white sauce. Repeat the layers until you have run out of sauce, finishing with a layer of lasagne sheets covered in white sauce.
5. Place the lasagne in the oven for 30-40 minutes, until lasagne sheets are soft and top is golden brown.



# VEGETARIAN SPAGHETTI BOLOGNESE

4

Servings: 4

## Ingredients

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 10 mushrooms, sliced
- 1 large carrot, diced
- 1 large stalk of celery, sliced
- 1 large zucchini, peeled then diced
- 400 g can chopped tomatoes
- $\frac{1}{4}$  bunch of fresh oregano and basil, chopped
- 200 ml vegetable stock
- 4 tbsp of tomato purée
- 2 large tomatoes, chopped
- Salt and pepper

---

- 400 g **Loprofin Spaghetti**

## Directions

1. Fill a large pot  $\frac{3}{4}$  full with water and bring to a boil. Add the oil, salt and Loprofin Spaghetti. Return to a boil, stirring, reduce the heat slightly and cook for 8-10 minutes, stirring occasionally to prevent the pasta from sticking together. When cooked, drain and rinse with cold water.
2. Heat some olive oil in a large pan and add the chopped onion, garlic, mushrooms, carrot, celery, zucchini and tinned chopped tomatoes and season with salt and pepper. Add the oregano and basil to the pan and cook for 5 minutes.
3. Add the vegetable stock and cook for approximately 10 minutes. Add the tomato purée and fresh chopped tomatoes and cook on a medium heat for 30 minutes.
4. Serve with the Loprofin Spaghetti.

Serving suggestion

# SWEETS





# APPLE AND RASPBERRY MUFFINS

12

Servings: 12

## Ingredients

- ½ cup brown sugar 3 tsp baking powder
- ½ cup vegetable oil
- 2 cups tinned diced apple
- $\frac{2}{3}$  cup reserved apple juice
- ½ cup frozen raspberries

---

- 2 cups **Loprofin Baking Mix**

## Directions

1. Preheat oven to 170°C. Line a muffin tray with patty pans.
2. Place dry ingredients in a large bowl and mix well. Add oil and reserved apple juice. Mix to combine. Add raspberries and diced apple. Gently fold together until just combined.
3. Pour mixture into patty pans and bake for 10-12 minutes or until golden brown.



*Serving suggestion*

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



# APPLE CRUMBLE



4

Servings: 4

## Ingredients

- 4 apples, peeled and cored
- $\frac{1}{2}$  tsp cinnamon
- 1 tbsp caster sugar
- 2 tbsp raisins or sultanas
- 45 g 45g butter
- $\frac{1}{3}$  cup brown sugar

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- $\frac{2}{3}$  cup **Loprofin Baking Mix**

## Directions

1. Preheat oven to 200°C
2. Slice apples thinly and place in a baking dish. Sprinkle with the cinnamon and caster sugar. Add raisins or sultanas if desired.
3. Mix the Loprofin Baking Mix and sugar in a bowl and rub in the butter until the mixture resembles breadcrumbs. Sprinkle the mixture over the fruit.
4. Bake in oven at 200°C for 30 minutes until golden and the apples are tender.

Serving suggestion

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## BASIC PASTRY



1

Servings: 1

### Ingredients

- 100 g butter
- 50 g caster sugar (for sweet pastry)
- Salt and pepper (for savoury pastry)
- Cold water to mix
- 200 g **Loprofin Baking Mix**

### Directions

1. Place the Loprofin Baking Mix in a large bowl, cut the margarine into small pieces and, using your fingertips, rub into the Loprofin Baking Mix until the texture resembles coarse breadcrumbs. Mix in the sugar or seasoning, depending on whether you are making sweet or savoury pastry. Stir in sufficient water to give a firm, manageable dough.
2. Transfer the dough to a sheet of greaseproof paper and lightly knead the dough for 30 seconds, until smooth. Roll out the dough between two sheets of greaseproof paper.
3. The dough is now ready to use as required. This recipe is enough for 1 large tart or 12 individual tartlets. Leftovers should be wrapped in cling film and stored in the fridge for 1 day or in the freezer for 3 months.

Serving suggestion

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## BIRTHDAY CAKE



1

Servings: 1 Cake

### Ingredients

- 50 g margarine or butter (room temperature)
- 50 g caster sugar
- 1 tsp vanilla essence
- 1 tsp baking powder

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- 100 ml **Loprofin Sno-Pro**
- 115 g **Loprofin Baking Mix**
- 1 tsp **Loprofin Egg White Replacer**

### Directions

1. Preheat oven to 190°C.
2. Place the margarine, sugar and vanilla essence in a large bowl, beat for 1-2 minutes until light in texture and creamy coloured.
3. Thoroughly mix together the Loprofin Baking Mix, Egg White Replacer and baking powder. Then alternate stirring in the creamed mixture and the Sno-Pro, until a soft smooth batter is achieved. Do not overbeat. Transfer the mixture to a tin lined with baking paper and level the surface with a knife.
4. Bake the cake in a preheated oven for 15 minutes, until well risen and firm to touch. The cake will be pale in colour. Cool in the tin for 5 minutes before transferring onto a wire rack.
5. When cool, the cake may be halved and sandwiched with jam or buttercream. The top may be iced and decorated, or dusted with icing sugar.

Serving suggestion



# BREAKFAST BANANA BREAD

1

Servings: 1 Cake

## Ingredients

- 4 ripe bananas, mashed
- 2 tbsp butter melted
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 2 tsp bicarbonate of soda
- 2 tbsp olive oil

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- 1 tsp Loprofin Egg White Replacer



Serving suggestion

## Directions

1. Grease and line a 2lb load tin. Preheat the oven to 180°C.
2. Mix the mashed bananas in a bowl and add the Loprofin Egg Replacer, melted butter, cinnamon, vanilla extract, bicarbonate of soda, olive oil and Loprofin Baking Mix. Stir until combined.
3. Transfer to the prepared tin and bake for 50 minutes or until a skewer inserted comes out clean.
4. Remove from the tin and cool on a wire rack before cutting.
5. Wrap leftovers in greaseproof paper and use within 3 days or freeze for up to 3 months.



# CAKE POPS

1

Servings: 1 Cake



## Ingredients

- 50 g butter
- ¼ cup caster sugar
- 1 tsp baking powder
- 1 tsp vanilla essence
- Lollipop sticks, icing and decorations

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- 1 cup **Loprofin Baking Mix**
- 1 tsp **Loprofin Egg White Replacer**
- 100 ml **Sno-Pro or Milupa-IP Drink**

## Directions

1. Cream together the butter and sugar until light and fluffy.
2. Add the Loprofin Baking Mix, Loprofin Egg White Replacer and baking powder into the mixture and mix together. Gradually add the Sno-Pro and vanilla essence until the mixture is smooth.
3. Place heaped teaspoons of the mixture into a cake pop maker and cook as per cake pop maker instructions.
4. Allow to cool.
5. Prepare icing and decorations of your choosing. Dip one end of each lollipop stick into the icing and then insert into each cake pop and allow to set.
6. Ice and decorate your cake pops.

Serving suggestion

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# CHOCOLATE CRACKLES

12

Servings: 12

## Ingredients

- ½ cup icing sugar
- ½ cup desiccated coconut (optional)
- 125 g Copha
- 4 cups **Loprofin Chocolate Flakes**

## Directions

1. Melt the Copha in a saucepan over low heat. Allow to cool slightly.
2. In a large bowl, mix the flakes, icing sugar, coconut and melted Copha until well combined. Spoon mixture into paper patty cases.
3. Refrigerate for 2 to 4 hours until firm.



*Serving suggestion*

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



# CHRISTMAS CAKE

20

Servings: 20

## Ingredients

- 1½ cup mixed dried fruit
- ½ cup glace cherries, chopped
- ¼ cup cup mixed peel
- 150 g margarine
- ¾ cup firmly packed, brown sugar
- 2 tbsp ground mixed spice
- 1½ cups water
- 2 tsp baking powder
- 2 tbsp apricot jam, warmed
- 500 g white fondant icing

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- 2½ cups **Loprofin Baking Mix**
- 3 tsp **Loprofin Egg White Replacer**

## Equipment

- 17.5cm square cake tin, greased and lined with non-stick paper
- 22.5cm square silver cake board

## Directions

1. Preheat oven to 180°C.
2. Place the fruit, cherries, peel, margarine, sugar, spice and water in a large pan, bring to the boil, stirring occasionally. Reduce the heat and simmer for 2-3 minutes, allow to cool for at least 5 hours.
3. In a large bowl combine the Loprofin Baking Mix, baking powder and Egg White Replacer, pour in the cooled mixture and beat well, until thoroughly combined.
4. Transfer the cake mixture to the prepared tin and bake in a pre-heated oven for approximately 1 hour 35 minutes, until firm to the touch (double check, by inserting a fine skewer in the centre of the cake, when removed the skewer should be clean and hot). Leave to cool in the tin for 1 hour, transfer to a cooling rack, until cold.
5. Level the top of the cake by carefully cutting off the 'domed' part. Spread apricot jam over the cut surface and place (cut side down) in the centre of the cake board, spread apricot jam evenly over the top and sides.
6. Roll out the fondant icing and use to completely cover the cake. Trim surplus icing with a sharp knife.



Serving suggestion

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



# CHRISTMAS WINDOW BISCUITS

20

Servings: 20

## Ingredients

- 100 g butter
- ¼ cup caster sugar
- 3 tsp custard powder
- 16 (Approx.) boiled sweets, broken into small pieces

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- 1 cup Loprofin Baking Mix
- 3-4 tsp Sno-Pro or Milupa-lp Drink

## Directions

1. Pre-heat oven to 150°C.
2. Place the butter and sugar in a mixing bowl and beat well, until light in colour and texture. Stir in the Loprofin Baking Mix and custard powder. Using one hand, stir and squeeze the mixture until it comes together, adding sufficient Sno-Pro or Milupa-lp-Drink to give manageable dough. Transfer to a surface lightly dusted with Loprofin Baking Mix and knead the dough for about 30 seconds, until smooth.
3. Roll out the dough to about ½ cm thickness, on a surface lightly dusted with Loprofin Baking Mix. Cut out shapes, using a 7.5cm star, heart or tree cutter and using a 3.5cm cutter, cut a smaller shape from the centre of each biscuit. Re-roll the trimmings and carry on cutting out the shapes, until all the dough is used.
4. Transfer the biscuits to lightly greased non-stick baking trays and bake in a pre-heated oven for 15 minutes, until pale golden in colour. Remove from the oven and spoon broken boiled sweets into the centre hole of each biscuit, return to the oven for a further 5 minutes.
5. Allow the biscuits to cool slightly on the baking trays, carefully remove from the trays and complete cooling on a wire rack.

*Serving suggestion*



## CRANBERRY AND PEAR TARTS

12

Servings: 12

### Ingredients

- 1 pear, peeled and cored
- 6 tbsp cranberry sauce\* \*Check with your dietitian for a suitable brand.
- 40 g margarine hard
- 40 g butter
- 1 tsp caster sugar
- 1 tsp ground cinnamon or mixed spice

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- 1 cup Loprofin Baking Mix

### Directions

1. Preheat oven to 200°C.
2. Coarsely grate the pear into a small bowl. Add the cranberry sauce and stir well until evenly mixed. Set aside until required.
3. Place the Loprofin Baking Mix in a large bowl. Cut the hard margarine & butter into small pieces and rub into the mix until the texture resembles coarse breadcrumbs. Gradually stir in 2-3 tbsp water, sufficient to bind the crumbs and give a manageable dough.
4. Transfer the dough to a surface dusted with Loprofin Baking Mix and lightly knead for 30 seconds, until smooth. Roll out a little more than half the pastry and use to line 12 tartlet tins. Divide the pear and cranberry filling evenly between the pastry cases.
5. Roll out the remaining dough and cut into rounds for lids. Cut a small star shape out of the centre of each. Place the lids over the pear and cranberry filling, gently pressing to seal the pastry to the base.
6. Lightly brush the pastry tops with water. Mix together the caster sugar and spice, and sprinkle evenly over the moistened pastry.
7. Bake in a preheated oven for approximately 15 minutes until the edges are lightly browned.



Serving suggestion

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# CRISPY MARSHMALLOW TREATS

12

Servings: 12

## Ingredients

- 4 cups mini marshmallows
- 3 tbsp butter
- 1 box Loprofin Cereal Loops or Flakes

## Directions

1. In a large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted and smooth. Remove from the heat.
2. Add the Loprofin Cereal Loops (or Flakes) and mix until combined.
3. Grease a lamington tin with butter or cooking spray. Press the mixture into the pan. Allow to cool, and then use a knife to cut into 12 squares.

Serving suggestion

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# CRUMPETS

12

Servings: 12

## Ingredients

- 1 tsp bicarb soda
- 1 tbsp custard powder
- 1 tsp salt
- 1 cup water warm
- butter for greasing

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- 2 cups **Loprofin Baking Mix**
- 1 sachet yeast (provided with **Baking Mix**)
- 200 ml **Sno-Pro or Milupa-Ip-Drink**

## Equipment

- Egg rings

## Directions

1. Mix the Baking Mix, yeast, bicarb soda, custard powder and salt together in a large bowl.
2. Mix water and Sno-Pro together. Add to the dry ingredients and mix to a smooth batter using an electric beater or a whisk. Cover with plastic wrap and leave to rise for about 30 minutes.
3. Once the mixture has risen, lightly grease a non-stick frying pan and egg rings.
4. Heat pan over medium heat. Take a spoonful of the mixture and half fill egg rings. Cook for 4-5 minutes, or until bubbles appear and the top is dry. Do not allow them to brown too much. Carefully flip crumpets over for a minute or 2 to slightly brown the top. Remove crumpets from heat and allow to cool.
5. Serve with butter and jam or honey.

**Tip:** Once cooled, crumpets can be frozen for use another time. To re-heat, crumpets can be placed in the toaster.



*Serving suggestion*



# CRUNCHY GRANOLA

12

Servings: 12 Total cooking time : 40 mins.

## Ingredients

- 120 g porridge oats
- 2 tbsp pumpkin seeds
- 2 tbsp chia seeds
- 50 g desiccated coconut
- ¼ tsp salt
- 125 ml golden syrup or honey
- 60 g butter
- 1 tsp vanilla essence

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- 50 g Loprofin Chocolate Flakes

## Directions

1. Preheat the oven to 180°C.
2. Mix all the dry ingredients together in a large bowl.
3. Heat the syrup, butter and vanilla in a saucepan over a low heat until the butter has melted. Add to the bowl with the dry ingredients and mix until everything is coated. Transfer to a baking sheet and spread out in a single layer.
4. Bake for 15-20 minutes in the preheated oven, stirring every 4-5 minutes to stop the granola from burning.
5. Allow to cool before transferring to an airtight container. Store in a cool dry place. Granola will keep for a few weeks once stored appropriately.



Serving suggestion

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# CUPCAKES

12

Servings: 12

## Ingredients

- 100 g butter
- $\frac{1}{3}$  cup caster sugar
- 1 tsp vanilla essence
- 3 tsp baking powder
- 125 g butter, softened
- $\frac{1}{2}$  cups icing sugar
- 1 tbsp Sno-Pro or Milupa-lp-Drink

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- 1 tsp **Loprofin Egg White Replacer** (mixed with 1 tbsp water)
- 2 cups **Loprofin Baking Mix**
- 200 ml **Sno-Pro or Milupa-lp-Drink** (plus 1 tbsp for icing)

## Directions

1. Preheat oven to 180°C.
2. Cream butter and caster sugar. Add the vanilla and the egg white solution. Mix well. Add the Loprofin Baking Mix, baking powder and Sno-Pro/Milupa-lp-Drink and mix until combined.
3. Pour into muffin trays lined with paper patty cases and bake for 15 minutes or until cooked.
4. For the icing: using an electric mixer, beat butter until pale. Gradually add icing sugar and Sno-Pro/Milupa-lp-Drink, beating constantly until combined.
5. When cool, ice cupcakes and decorate.



*Serving suggestion*



## LOW PROTEIN CUSTARD

4

Servings: 4

### Ingredients

- 2 tbsp custard powder (not custard mix)
- 2 tbsp caster sugar
- 10 g butter
- Vanilla essence

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- 400 ml Sno-Pro or Milupa-Ip-Drink

### Directions

1. Mix the custard powder and sugar with a small amount of Sno-Pro to make a smooth paste.
2. Heat the remaining Sno-Pro and butter until almost at boiling point.
3. Remove the Sno-Pro from the heat and stir in the paste.
4. Return to the heat and bring the mixture to the boil, stirring continuously until the custard begins to thicken.

Serving suggestion

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# CUSTARD TARTS



12

Servings: 12



## Ingredients

- 50 g butter
- ½ tsp baking powder
- 12 tbsp Low Protein Custard
- 12 strawberries
- 3 tsp strawberry jam (optional)

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- $\frac{2}{3}$  cup **Loprofin Baking Mix**

## Directions

1. Preheat the oven to 190°C.
2. Add Loprofin Baking Mix and baking powder to a large bowl, rub in the butter until the texture resembles coarse breadcrumbs. Slowly add enough water to make a soft, manageable dough.
3. Place the pastry mixture on a sheet of greaseproof paper and lightly knead for 30 seconds until a smooth dough forms. Roll out the dough on the greaseproof paper and cut into circles to line 12 tartlet tins.
4. Blind bake in a preheated oven for 10-12 minutes.
5. When cooled, spoon 1 tbsp custard into each tartlet (see **Custard Recipe**).
6. Halve the strawberries and place on top of each tart and cover with strawberry jam warmed in the microwave.

*Serving suggestion*

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# FRUIT CRUMB FLAN

8

Servings: 8

## Ingredients

- $\frac{1}{4}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp ground mixed spice
- $\frac{1}{4}$  cup caster sugar
- 150 g unsalted butter
- 1 can tinned fruit or your choice of fresh fruits
- 1 tbsp raw sugar

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- $1\frac{2}{3}$  cups **Loprofin Baking Mix**

## Equipment

- 20cm loose-bottomed flan tin

## Directions

1. Preheat oven to 190°C.
2. Combine the Loprofin Baking Mix, spices and caster sugar in large bowl. Thoroughly rub in the butter until the texture resembles fine crumbs.
3. Weigh 150g crumbs and reserve.
4. Add sufficient water to the remaining crumbs to give a soft, not sticky, dough. Lightly knead the dough until smooth on a surface dusted with Loprofin Baking Mix.
5. Roll out thickly and line flan tin. Spread the fruit filling out evenly over the flan base. Pile the reserved crumbs on top of the fruit and carefully spread to the edges, covering the fruit. Level the crumbs before sprinkling with raw sugar.
6. Bake at 190°C for 20-25 minutes until golden brown. Serve hot or cold.



Serving suggestion



# JAM TARTS

12

Servings: 12



Serving suggestion

## Ingredients

- $\frac{1}{2}$  tsp baking powder
- 50 g butter
- 2 tbsp caster sugar
- Water
- 12 tsp jam of your choice

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- $\frac{3}{4}$  cup **Loprofin Baking Mix**

## Directions

1. Preheat oven to 190°C.
2. Place the baking mix, baking powder and sugar in a mixing bowl. Add the butter and rub through the dry ingredients until it resembles breadcrumbs. Gradually stir in sufficient water to give a firm, manageable dough.
3. Turn out onto a surface dusted with baking mix and knead lightly until smooth. Roll out the dough and cut into circles to line 12 tartlet tins.
4. Bake in oven for 10-12 minutes, until lightly browned.
5. Spoon 1 tsp jam into each tartlet and dust with icing sugar to serve.

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# PINEAPPLE UPSIDE-DOWN PUDDING

10

Servings: 10



## Ingredients

- 1 tbsp raw sugar
- 4 pineapple rings, drained
- 2 glace cherries, halved
- 1 tsp baking powder
- 50 g butter
- 25 g caster sugar
- 1 tsp vanilla essence

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- 115 g **Loprofin Baking Mix**
- 1 tsp **Loprofin Egg White Replacer**
- 100 ml **Sno-Pro**

## Equipment

- 17cm baking tin

*Serving suggestion*

## Directions

1. Grease the baking tin and sprinkle the base with raw sugar. Arrange the pineapple rings and cherries in the base of the tin.
2. Place the Loprofin Baking Mix, baking powder and Loprofin Egg White Replacer in a bowl and mix thoroughly.
3. Beat the sugar, butter and vanilla essence in a medium bowl for 1 minute. Add half the flour mixture and half the Loprofin PKU Drink and mix for 30 seconds. Add the remainder of the flour mixture and the last of the milk. Mix again for 1 minute until smooth.
4. Spread carefully over the pineapples and level out the surface.
5. Bake at 190°C for 15-20 minutes until risen and firm to touch.
6. Loosen the edges of the cake and turn upside down onto a serving dish.



# RED VELVET CUPCAKES

12

Servings: 12

## Ingredients

- 100 g butter
- ½ cup caster sugar
- 3 tsp baking powder
- 1 tsp vanilla essence
- 200 ml Sno-Pro or Milupa-Ip-Drink
- 1-2 tbsp red food colouring
- 125 g butter, softened
- 1½ cups icing sugar

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- 2 cups **Loprofin Baking Mix**
- 1 tsp **Loprofin Egg White Replacer**
- 100 ml **Sno-Pro or Milupa-Ip-Drink** (plus 1 tbsp for the icing)

## Directions

1. Pre-heat oven to 180°C.
2. Cream together the butter and sugar until light and fluffy. Add the Loprofin Baking Mix, Loprofin Egg Replacer and baking powder into the mixture and mix together. Gradually add the Sno-Pro or Milupa-Ip-Drink and vanilla extract until the mixture is smooth. Add the red food colouring to the mixture.
3. Place heaped teaspoons of the mixture into muffin trays lined with paper cases and bake in a preheated oven for approximately 10-15 minutes.
4. Allow to cool on a wire rack.
5. For the icing: using an electric mixer, beat butter until pale. Gradually add icing sugar and Sno-Pro/Milupa-Ip-Drink, beating constantly until combined.
6. When cool, ice.

Serving suggestion

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# SHORTBREAD BISCUITS

18

Servings: 18

## Ingredients

- 50 g butter (room temperature)
- 50 g margarine hard
- ¼ cup caster sugar
- 2-3 tsp cold water

## Optional flavours to be added at step 2:

- Grated rind of ½ lemon
- Grated rind of ½ small orange
- 1 tsp sweet spice (e.g. ginger, cinnamon, mixed spice)
- 50 g currants or other dried fruits
- A few drops of vanilla or almond essence
- 50 g finely chopped cherries

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• 1 cup Loprofin Baking Mix

## Directions

1. Preheat oven to 150°C.
2. Place the butter and margarine in a mixing bowl and beat well. Add the sugar and beat together until light in colour and texture. Stir in the Loprofin Baking Mix and any of the optional flavours.
3. Using one hand, squeeze the mixture until it comes together, adding sufficient water to give a manageable dough. Transfer to a surface lightly dusted with Loprofin Baking Mix and knead the dough for about 30 seconds or until smooth.
4. Roll out the dough to about 1/2 cm thickness on a surface lightly dusted with Loprofin Baking Mix. Cut into desired shapes (e.g. circles, ovals, animal shapes or others).
5. Transfer the biscuits to lightly greased baking trays and bake at 150°C for 20-25 minutes until pale golden in colour.
6. Remove from the baking trays whilst still warm. Cool on a wire rack.



*Serving suggestion*



# STICKY DATE PUDDING



Servings: 6

## Ingredients

- 100 g dates, chopped
- $\frac{3}{4}$  cup water
- $\frac{1}{2}$  tsp bi-carb soda
- 60 g butter
- $\frac{3}{4}$  cup brown sugar
- 3 tsp baking powder
- 1 tsp vanilla
- 100 g butter
- $\frac{1}{2}$  cup brown sugar

---

- 2 cups **Loprofin Baking Mix**
- 125 ml **Sno-Pro or Milupa-lp-Drink**

## Directions

1. Preheat oven to 180°C.
2. Combine the dates and water in a small saucepan, bring to the boil and add the bi-carb soda. Remove from heat and mash with a fork. Set aside.
3. Cream butter and brown sugar.
4. Add the date mixture to the creamed mixture, mixing gently. Add the Loprofin Baking Mix, baking powder and vanilla and mix well without over beating.
5. Pour into 6 large muffin holes and bake for 12 minutes or until cooked.
6. For the butterscotch sauce: Melt the butter in a saucepan over low heat. Add brown sugar and mix until dissolved. Add the Sno-Pro and stir gently for 2-5 minutes until smooth.
7. Serve puddings drizzled with butterscotch sauce.



Serving suggestion

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# STRAWBERRIES WITH CHANTILLY CREAM

2

Servings: 2

## Ingredients

- ½ cup caster sugar
- 175 g unsalted butter
- 3 tsp cornflour
- 2 tsp vanilla essence
- 1 punnet strawberries

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- 100 ml Sno-Pro or Milupa-Ip-Drink

## Directions

1. Add the Milupa-Ip-Drink, butter, sugar and vanilla essence into a saucepan. Place over a gentle heat and stir well. Continue to stir until the mixture thickens, but do not allow the mixture to boil.
2. Mix the cornflour with a small amount of water and add to the saucepan, the mixture will start to thicken. Blend the mixture with a hand blender for 20-30 seconds.
3. Allow the mixture to cool and then place in a fridge for 2-3 hours. When chilled, the mixture should have a creamy soft texture.
4. Blend or whisk the mixture for 20-30 seconds before serving over the strawberries.



Serving suggestion

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## SWEET HONEY AND PEAR RICE PUDDING

②

Servings: 2

### Ingredients

- 1 tbsp margarine
- 2 tbsp caster sugar
- 1 tbsp honey
- 140 g tub diced pears, drained

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- $\frac{1}{2}$  cup **Loprofin Rice**
- 500 ml **Sno-Pro or Milupa-lp-Drink**

### Directions

1. Melt the margarine in a small non stick frypan. Add the Loprofin Rice and stir. Gradually add the Milupa-lp-Drink stirring often as the mixture thickens. Stir in the caster sugar 1 tbsp at a time.
2. Simmer, stirring occasionally for about 20 minutes or until cooked.
3. Add pears and honey stirring carefully. Serve.



*Serving suggestion*

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Discover our Loprofin range of kitchen essentials!



For more information contact **NUTRICIA CARELINE**:

1800 060051 (AU) or 0800 438 500 (NZ)

[NutriciaCareline@danone.com](mailto:NutriciaCareline@danone.com)

[www.nutriaciacareline.com.au](http://www.nutriaciacareline.com.au)