

PROZERO™



RECIPE BOOK

*All recipes have been designed specifically
for a low protein diet.*





ProZero™ is a protein-free alternative to milk suitable for use from 6 months of age. It can be used on its own as a drink, poured over permitted cereals or incorporated into recipes.



Vitabite™ is a low protein, high energy chocolate flavour bar suitable for use from 1 year of age. It can be used in many ways – as a bar, melted, made into shapes using novelty moulds or incorporated into recipes.

ProZero, Vitabite, Fate Low Protein All-Purpose Mix and Fate Low Protein Chocolate Flavour Cake Mix are foods for special medical purposes and must be used under medical supervision.

These recipes have been specifically designed for a low protein diet.
Refer to labels for allergen and other product information.

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Please ask your dietitian if you are unsure about using any ingredients in these recipes.

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TYPES OF CREAM EXPLAINED

Cream is the basis of so many great recipes, such as milkshakes and ice cream or just on it's own! There are different types of low protein cream that you can make using ProZero depending on the consistency and how you want to serve it.

SINGLE CREAM

📉 CONSISTENCY

Pouring cream, whisked to form a light and airy cream which is soft, but still pourable.

🍷 SERVING SUGGESTIONS

Lovely spooned into hot coffee, served with all kinds of low protein puddings or with fresh fruit. Also great added to soups and sauces.

DOUBLE CREAM

📉 CONSISTENCY

Whips to a slightly firmer cream than whipping cream.

🍷 SERVING SUGGESTIONS

Serve with or use as a topping for low protein puddings or cakes.

WHIPPING CREAM

📉 CONSISTENCY

A richer version of single cream. It will make a light and airy cream which will thicken, but will still be soft and creamy.

🍷 SERVING SUGGESTIONS

Use it to make the frothy topping for cappuccinos or coffee. Use as a filling or a topping on low protein cakes.

EXTRA THICK DOUBLE CREAM

📉 CONSISTENCY

Whips to a much firmer cream than double cream, almost like traditional clotted cream.

🍷 SERVING SUGGESTIONS

Fantastic to serve with low protein scones or as a filling for low protein fruit flans.

'CREAM'

This recipe is exchange free.

Preparation time: 10-15 minutes

Cooking time: 10 minutes

Chilling time: 3-4 hours or overnight

You will need an electric hand-held blender and an electric hand-held whisk.



SINGLE 'CREAM'



DOUBLE 'CREAM'



WHIPPING 'CREAM'



EXTRA THICK DOUBLE 'CREAM'



SERVING SUGGESTION

Try adding permitted fruit.

INGREDIENTS

SINGLE 'CREAM'

(Makes approx. 450ml)

- 400ml ProZero
- 50g Unsalted butter
- 15g Cornflour

WHIPPING 'CREAM'

(Makes approx. 500ml)

- 400ml ProZero
- 100g Unsalted butter
- 20g Cornflour

DOUBLE 'CREAM'

(Makes approx. 650ml)

- 400ml ProZero
- 250g Unsalted butter
- 30g Cornflour

EXTRA THICK DOUBLE 'CREAM'

(Makes approx. 650ml)

- 400ml ProZero
- 250g Unsalted butter
- 50g Cornflour

METHOD

1. Place the ingredients into a small saucepan.
2. Place over a gentle heat and stir well. Keep stirring until the mixture starts to simmer and is thickened.
3. Take off the heat, then pour into a container and use a hand-held blender to blend for 30-40 seconds.
4. Leave to cool.
5. Cover and place in the fridge to chill for 3-4 hours, or preferably overnight.
6. Once chilled, the 'cream' will set softly.
7. When chilled and set, the 'cream' can be whipped to form a light and airy consistency by using a hand-held electric whisk.

VANILLA ICE 'CREAM'

This recipe is exchange free.

Preparation time: 10-15 minutes

Freezing time: 3 hours (depending on method)

Recipe makes: approx. 1L

Recipe can be made by hand or with an electric ice cream machine. You will also need an electric hand-held whisk.





SERVING SUGGESTION

Serve with permitted fruit.



TOP TIP

Why not try grating some Vitabite on your ice 'cream' to give it a chocolate flavoured twist?

INGREDIENTS

- 500ml Whipping 'Cream', chilled (see recipe on p.7)
- 90g Caster sugar
- 1 tsp Vanilla extract or 2 tsp Vanilla essence
- A few drops of yellow food colouring (optional)

METHOD (BY HAND)

1. Place the chilled ProZero whipping 'cream' into a bowl and use an electric hand-held whisk to whip the 'cream' for about 2-3 minutes until it is thickened, light and airy.
2. Add the sugar and vanilla essence/extract and stir well.
3. Stir in a few drops of yellow colouring for a richer colour (optional).
4. Pour the mixture into a suitable container and place in the freezer for about an hour or until it is chilled and ice crystals are beginning to form around the edges.
5. Remove from the freezer.
6. Using a fork or wire whisk, quickly beat the ice 'cream' to break up the ice crystals.
7. Place the ice 'cream' back in the freezer to set solid for at least 3 hours.

METHOD (BY AN ELECTRIC ICE CREAM MACHINE)

1. Pour the chilled ProZero whipping 'cream' into a large bowl and whisk until light and airy.
2. Add the sugar and vanilla essence/extract and stir well.
3. Stir in a few drops of yellow colouring for a richer colour (optional).
4. Pour the mixture into the machine.
5. Follow the instructions for your machine, and churn until the ice 'cream' is thick and frozen.
6. The ice 'cream' can be eaten straight away or transferred to a suitable container and stored in the freezer.

STRAWBERRY CRUSH ICE 'CREAM'

This recipe is exchange free.

Preparation time: 10-15 minutes

Freezing time: 3 hours

Recipe makes: approx. 1L

You will need an electric hand-held whisk.



TOP TIP

Use tinned strawberries in light syrup, rather than fresh, as they are sweeter.

INGREDIENTS

- 500ml Whipping 'Cream', chilled (see recipe on p.7)
- 2 x 411g Tinned strawberries in light syrup (drained)
- 90g Caster sugar
- 25ml Lemon juice

METHOD

1. Place the chilled ProZero whipping 'cream' into a bowl and use an electric hand-held whisk to whip the 'cream' for about 2-3 minutes until it is thickened, light and airy.
2. Place the drained strawberries into a bowl and crush them using a fork.
3. Add the crushed strawberries, sugar and lemon juice to the whipped 'cream' and use the electric hand-held whisk to mix for a further 1-2 minutes.
4. Pour the mixture into a suitable container and put in the freezer for about an hour or until it is chilled and ice crystals are beginning to form around the edges.
5. Using a fork or wire whisk, quickly beat the ice 'cream' to break up the ice crystals.
6. Place the ice 'cream' back in the freezer to set solid for at least 3 hours.

FATE 'CHOCOLATE' COOKIE ICE 'CREAM'

Preparation time: 10-15 minutes

You will need an electric hand-held whisk.

Freezing time: 3 hours

Recipe makes: 2L of ice 'cream'





SERVING SUGGESTION

Serve with permitted fruits and melted Vitabite.

INGREDIENTS

- 500ml Whipping 'Cream' (see recipe on p.7)
- 90g Caster sugar
- 1 tsp Vanilla extract or 2 tsp vanilla essence
- 6 Vitabite cookies, broken into chunks (see recipe on the VitafriendsPKU website)
- 1 x 25g Vitabite bar, broken into chunks
- 90g Caster sugar
- 35g Sweet Freedom Choc Shot Liquid Chocolate (2.9g protein per 100g)

METHOD

1. Place the whipping 'cream' into a bowl and using an electric hand-held whisk, whisk for 2 mins or until thickened, light and airy.
2. Add the caster sugar and the vanilla essence and whisk for another minute.
3. Add the cookies and the Vitabite and stir well.
4. Pour into a suitable container and swirl in the Sweet Freedom Choc Shot Liquid Chocolate.
5. Place in the freezer for about an hour or until it is chilled and ice crystals are beginning to form around the edges.
6. Using a fork or wire whisk, quickly beat the ice 'cream' to break up the ice crystals.
7. Place the ice 'cream' back in the freezer to set solid for at least 3 hours.

ICE 'CREAM' FLAVOUR IDEAS

This recipe is exchange free.

Preparation time: 10-15 minutes

Freezing time: 3 hours

Recipe makes: approx. 1L

Recipe can be made by hand or with an electric ice cream machine. You will also need an electric hand-held whisk.

INGREDIENTS

- 500ml Whipping 'Cream', chilled (see recipe on p.7)

MANGO AND LIME ICE 'CREAM'

- 90g Caster sugar
- 300g Tinned mango purée
- 4 tsp of Fresh lime juice

LEMON ICE 'CREAM'

- 80g Caster sugar
- 50ml Fresh lemon juice

COFFEE ICE 'CREAM'

- 70g Caster sugar
- 1 ½ tsp Instant coffee granules

RASPBERRY ICE 'CREAM'

- 100g Caster sugar
- 145g Frozen blended raspberries

METHOD (BY HAND)

1. Place the chilled ProZero whipping 'cream' into a bowl and use an electric hand-held whisk to whip the 'cream' for about 2-3 minutes until it is thickened, light and airy.
2. Add the sugar and other ingredients depending on what flavour you are making, then stir well.
3. Pour the mixture into a large plastic freezer proof container and place in the freezer.
4. Leave for an hour, or until it is firm and ice crystals are beginning to form around the edges.

5. Remove from the freezer and using a fork or wire whisk, quickly beat the ice 'cream' to break up the ice crystals.
6. Place the ice 'cream' back in the freezer to set solid for at least 3 hours.

METHOD (BY AN ELECTRIC ICE CREAM MACHINE)

Please refer and follow steps 1 and 2 as 'By Hand' – these are exactly the same!

3. Pour the mixture into the machine.
4. Follow the instructions for your machine, and churn until the ice 'cream' is thick and frozen.
5. The ice 'cream' can be eaten straight away or transferred to a suitable container and stored in the freezer.



SERVING SUGGESTION

For additional flavour try adding our Fruity Ice Cream Sauce (see recipe on p.15).



TOP TIP

Why not try grating some Vitabite on your ice 'cream' to give it a chocolate flavoured twist?

FRUITY ICE CREAM SAUCE

This recipe is exchange free.

Preparation time: 2 minutes

Recipe makes: 1 portion



INGREDIENTS

- 1 tbsp Permitted squash concentrate
- 1 tbsp Seedless jam

METHOD

1. Place the ingredients into a bowl and stir until they are blended together.
2. Pour over ice 'cream' and serve.



SERVING SUGGESTION

For a stronger, fruitier flavour use double concentrated squash in this recipe.



TOP TIP

Add permitted fruit to accompany the ice 'cream' and syrup.

HOT 'CHOCOLATE' SAUCE

This recipe is exchange free.

Preparation time: 5 minutes

You will need an electric hand-held blender.

Cooking time: 5 minutes

Recipe makes: 1 portion



INGREDIENTS

- 4 x 25g Vitabite bars, broken into chunks
- 50g Betty Crocker Vanilla Buttercream Style Icing
- 50ml ProZero

METHOD

1. Melt the Vitabite chunks in a heatproof bowl over a pan of simmering water.
2. Remove the bowl from the pan and add the icing and the ProZero.
3. Blend with a hand blender until smooth and serve.

SWEET LEMON 'CREAM'

This recipe is exchange free.

Preparation time: 10-15 minutes

You will need an electric hand-held whisk.

Chilling time: 3 hours

Recipe makes: approx. 1L



INGREDIENTS

- 500ml Chilled Whipping 'Cream'
(see recipe on p.7)
- 1 tsp Fresh lemon juice
- 10g Caster sugar

METHOD

1. Put the chilled ProZero whipping 'cream' into a bowl and use an electric hand-held whisk to whip the 'cream' for about 2-3 minutes until it is thickened, light and airy.
2. Stir in the lemon juice and sugar.



SERVING SUGGESTION

Serve with permitted fruit to make a fruit and lemon sundae.

CUSTARD

This recipe is exchange free.

Preparation time: 5 minutes

Cooking time: 10 minutes

Recipe makes: 1 portion



INGREDIENTS

- 10g Custard powder (not instant mix)
- 200ml ProZero

METHOD

1. Place custard powder into a small jug or bowl.
2. Add 25ml ProZero and stir to make a smooth paste.
3. Pour the remaining ProZero into a small saucepan and place over a gentle heat until simmering.
4. Add custard paste and stir in well.
5. Stir constantly until the custard comes back to a simmer and is thickened.



SERVING SUGGESTION

Delicious poured over low protein desserts, such as fruit crumbles, apple pie or permitted fresh fruit.



TOP TIP

Custard tastes great hot or cold.

TOFFEE SAUCE

This recipe is exchange free.

Preparation time: 5 minutes

Cooking time: 10 minutes

Recipe makes: 2 portions



INGREDIENTS

- 50g Brown sugar
- 50g Unsalted butter
- 50ml ProZero

METHOD

1. Heat the sugar and butter in a pan over a low heat until the butter has melted, and the sugar is dissolved.
2. Add ProZero and bring to the boil for 8 minutes, stirring continually until reduced.

'CHEESE' CAKE

This recipe is exchange free.

Preparation time: 30 minutes

Cooking time: 30 minutes

Chilling time: 3-4 hours (preferably overnight)

Recipe makes: 8 portions

You will need an electric hand-held blender and a 24cm spring-form cake tin.



INGREDIENTS

FOR THE FILLING

- 600ml ProZero
- 190g Unsalted butter
- 90g Cornflour
- 130g Caster sugar
- 60ml Fresh lemon juice

FOR THE BASE

- 225g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 75g Light soft brown sugar
- 150g Block margarine



SERVING SUGGESTION

Serve chilled with fresh permitted fruit or compote.

METHOD

1. Place the ProZero, butter and cornflour into a saucepan.
2. Place over gentle heat and stir well with a whisk or spoon until the mixture begins to simmer and thicken.
3. Take off the heat and allow to cool.
4. Pour into a tall plastic container and using an electric hand-held blender, blend for 30-40 seconds.
5. Leave to cool, cover and place in the fridge to chill for at least 3-4 hours until firmly set.
6. Once set, preheat the oven to 200°C / Fan 180°C / Gas mark 6.
7. Place the Fate Low Protein All-Purpose Mix into a mixing bowl and stir in the sugar.
8. Rub in the margarine with fingertips until the mixture resembles breadcrumbs. Then knead into a dough.
9. Dust the work surface with Fate Low Protein All-Purpose Mix and continue to knead the biscuit dough until smooth.
10. Roll out dough into a 24cm circle. Place dough into the tin and prick the surface lightly with a fork.
11. Bake for 25 minutes until firm and golden brown.
12. Remove from the oven and leave it to cool in the tin.
13. Meanwhile, using an electric hand-held blender, whisk the cheesecake filling for about 2 minutes until light and airy.
14. Add sugar and lemon juice and whisk for a further 2 minutes.
15. Place on top of the biscuit base in the cake tin and use a spoon to level the surface.
16. Place in the fridge for 3-4 hours, preferably overnight.
17. To turn out, run a knife around the edge of the cheesecake to loosen, then open the spring and lift out the cheesecake.

FATE BROWNIES

This recipe is exchange free.

Preparation time: 10-15 minutes

Cooking time: 20-25 minutes

Recipe makes: 6 brownies

You will need a 21cm x 21cm lined cake tin.





SERVING SUGGESTION

Serve warm or cold with ProZero
Vanilla Ice 'Cream' (see recipe on p.8).

INGREDIENTS

- 3 x 25g Vitabite bars, broken into chunks
- 1 x 250g Fate Low Protein Chocolate Flavour Cake Mix
- 25g Soft margarine
- 120ml ProZero
- 1 tsp Vanilla essence

METHOD

1. Preheat the oven to 200°C / Fan 180°C / Gas mark 6.
2. Melt the Vitabite chunks in a heatproof bowl over a pan of simmering water.
3. Place the Fate Low Protein Chocolate Flavour Cake Mix into a mixing bowl. Add the margarine, ProZero and vanilla essence.
4. Using a whisk, mix well for 1 minute, then stir in the melted Vitabite.
5. Pour the mixture into the lined cake tin.
6. Bake for 20-25 minutes until risen.
7. Remove from the oven and leave to cool for 5-10 minutes.

FATE APPLE & BANANA PANCAKES

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 4 minutes (per pancake)

Recipe makes: 16-18 small pancakes

You will need a small ladle.





SERVING SUGGESTION

Serve with permitted fruits and melted Vitabite.

INGREDIENTS

- 150g Fate Low Protein All-Purpose Mix
- 20g Custard powder (not instant mix)
- 50g Unsalted butter, room temperature (plus extra for cooking)
- 1 tsp Baking powder
- 25g Caster sugar
- 100g Apples, peeled and chopped into 1cm chunks
- 150g Bananas, peeled and chopped into 1cm chunks
- 200ml ProZero

METHOD

1. Place Fate Low Protein All-Purpose Mix into a bowl and stir in the custard powder. Rub in the butter with your fingertips until it resembles fine breadcrumbs. Stir in the baking powder and sugar.
2. Add the chopped apple and banana. Pour in the ProZero and whisk well into a smooth, thick batter.
3. Place a large frying pan on to a gentle heat, add some butter and leave to melt.
4. Using a ladle, pour the pancake batter into the pan and spread to 8cm diameter and 1cm deep.
5. Turn the heat down and cook for 2 mins or until the base is golden brown. Turnover and cook for a further 2 mins or until cooked all the way through.

PANNA COTTA

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 10-15 minutes

Chilling time: 3-4 hours

Recipe makes: 4 portions

You will need 4 ramekin dishes and an electric hand-held blender.





SERVING SUGGESTION

Serve with permitted fruits or coulis.

INGREDIENTS

- 400ml ProZero
- 50g Unsalted butter
- 50g Caster sugar
- 25g Cornflour
- 1 Vanilla pod or 2 tsp vanilla extract

METHOD

1. Pour the ProZero into a small saucepan.
2. Add the butter, sugar and cornflour.
3. If you are using a vanilla pod, cut it in half lengthwise and remove the tiny seeds from the inside with a sharp knife. Place the seeds and the cut vanilla pod into the small saucepan. If you are using vanilla extract instead, add this to the pan.
4. Place the pan over a gentle heat and stir well.
5. Keep stirring until the mixture starts to simmer and is thickened.
6. Take out the cut vanilla pod.
7. Pour the Panna Cotta mixture into a tall container or jug and use an electric hand-held blender to blend for 30-40 seconds.
8. Immediately pour the mixture into the ramekin dishes.
9. Leave to cool, then place into the fridge to set for 3-4 hours.

'CHOCOLATE' MOUSSE

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 10-15 minutes

Recipe makes: 3 mousses

Chilling time: 3-4 hours

You will need 3 glasses or bowls and an electric hand-held blender.



INGREDIENTS

- 5 x 25g Vitabite bars, broken into chunks
- 25g Butter
- 75g Permitted marshmallow fluff
- 30ml Water
- ½ tsp Vanilla extract
- 140ml Double 'Cream' (see recipe on p.7)

METHOD

1. Place the Vitabite chunks, butter, marshmallow fluff and water into a small saucepan.
2. Place over a gentle heat and stir well. Keep stirring until the mixture is a smooth texture. Leave to cool.
3. Add the vanilla extract to the ProZero double 'cream' and whip until firm peaks form.
4. Gently fold the whipped ProZero double 'cream' into the smooth Vitabite mixture.
5. Divide over 3 glasses or bowls and place in the fridge to chill for 3-4 hours.



SERVING SUGGESTION

Serve with permitted fruit.

BLUEBERRY WAFFLES

This recipe is exchange free.

Preparation time: 15 minutes

You will need a waffle maker.

Cooking time: 15 minutes

Recipe makes: 2 waffles



INGREDIENTS

- 120g Fate Low Protein All-Purpose Mix
- ½ tsp Baking powder
- 30g Sugar
- 14g Unsalted butter
- 60ml ProZero
- 40ml Water
- 20g Blueberries, chopped

METHOD

1. Using your fingertips, rub together the Fate Low Protein All-Purpose Mix, baking powder, sugar and butter in a bowl until you get a sand-like texture.
2. Heat waffle maker as per manufacturer's instructions.
3. Meanwhile, mix ProZero and water in a separate bowl and add to the dry mixture, then whisk to make a smooth batter.
4. Add the blueberries and mix well.
5. Pour batter into the waffle maker.
6. Cook for 6-7 mins or until golden brown.



SERVING SUGGESTION

Drizzle with maple syrup and top with permitted fruit.

STICKY TOFFEE PUDDING

This recipe is exchange free.

Preparation time: 10 minutes

You will need a 12 cup muffin tray.

Cooking time: 15 minutes

Recipe makes: 12 portions



TOP TIP

Serve with low protein custard (see recipe on p.18) or Ice 'Cream'! (see recipes on p.10-14).

INGREDIENTS

TO MAKE THE SPONGE

- 50g Sugar
- 50g Soft margarine
- 100g Fate Low Protein All-Purpose Mix
- 1 tsp Baking powder
- 1 tsp Mixed spice
- 50g Mixed dried fruit, chopped
- 75ml ProZero
- 1 tsp Egg replacer
- 1 tsp Vanilla essence
- 2 tbsp Golden syrup

TO MAKE THE TOFFEE SAUCE

- 100g Brown sugar
- Unsalted butter (plus extra for greasing)
- 100ml ProZero

METHOD

1. Preheat oven to 180°C / Fan 160°C / Gas mark 5.
2. For the sponge, cream together the sugar and margarine in a bowl.
3. Add the Fate Low Protein All-Purpose Mix and the baking powder and rub together with your fingertips until it resembles breadcrumbs.
4. Add in the mixed spice and the mixed dried fruit and mix well.
5. In a separate bowl, mix together the ProZero, egg replacer, vanilla essence and golden syrup.
6. Add the ProZero mixture to the dry mixture and mix until well combined.
7. Pour into the greased muffin tray.
8. Bake in the oven for 15 minutes.
9. For the sauce, heat the brown sugar and butter in a pan, over a low heat until the butter has melted, and the sugar is dissolved.
10. Add ProZero to the sugar and butter mixture and bring to the boil for 8 minutes, stirring continually until thickened.
11. When the sponge has finished baking, allow to cool slightly, remove from the muffin tray and pour on the toffee sauce to serve.

JAM SPONGE CAKE

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 25 minutes

Recipe makes: 2 portions

You will need a 12cm lined baking tin.



TOP TIP

Serve with low protein custard (see recipe on p.18) or Ice 'Cream'! (see recipes on p.10-14).

INGREDIENTS

- 50g Sugar
- 50g Soft margarine
- 100g Fate Low Protein All-Purpose Mix
- 1 tsp Baking powder
- 75ml ProZero
- 1 tsp Egg replacer
- 1 tsp Vanilla essence
- 50g Raspberry jam

METHOD

1. Preheat oven to 180°C / Fan 160°C / Gas mark 5.
2. Cream together the sugar and margarine in a bowl.
3. Add the Fate Low Protein All-Purpose Mix and the baking powder and rub together with your fingertips until it resembles breadcrumbs.
4. In a separate bowl, mix together the ProZero, egg replacer and vanilla essence.
5. Add the ProZero mixture to the dry mixture and mix until well combined.
6. Pour the jam into the bottom of the lined baking tin and then pour the cake batter on top.
7. Bake in the oven for 25 minutes.

VEGETABLE CURRY

This recipe is exchange free.

Preparation time: 25 minutes

Cooking time: 40-45 minutes

Recipe makes: 4 portions



TOP TIP

Why not add extra chillies or more garam masala powder for an extra spicy curry?

INGREDIENTS

- 3 tbsp Oil
- 175ml Water
- 125g Sweet potatoes
- 125g Aubergine
- 75g Mushrooms
- 1 Green pepper
- 100g Carrots
- 1 Red onion
- 1 Red chilli, deseeded, finely chopped
- 1 Garlic clove, peeled and finely chopped
- 10g Fresh ginger, peeled and finely chopped
- 2-3 Curry leaves
- 1 tbsp Garam masala
- ½ tsp Turmeric powder
- ½ tsp Cumin powder
- 400g Tinned tomatoes
- 100ml ProZero
- 100ml Permitted coconut milk
- 2 tbsp Coriander, chopped

METHOD

1. Wash and prepare all the vegetables. Chop the vegetables into similar size chunks.
2. Parboil the sweet potatoes for approximately 5 minutes. Once cooked, drain and cool.
3. Heat the oil in a pan over a medium heat then add the onions and fry for 2 minutes or until golden.
4. Add the chilli, garlic, ginger and curry leaves to the onions and stir for a further minute. Add 75ml of water and cook for a further minute.
5. Add the garam masala, turmeric and cumin powder to the mixture and stir.
6. Cook for 2-3 minutes, stirring occasionally.
7. Add the aubergine, green pepper, carrots and mushrooms and stir. Cook for 2 minutes coating the vegetables in the spices, then add the sweet potato and stir. Cook for a further 2-3 minutes.
8. Add the tomatoes, ProZero and coconut milk to the mixture and stir well.
9. Bring to the boil and add 100ml of water and simmer for 20-30 minutes until the sauce thickens and the vegetables are cooked through. Add the coriander and serve.

HERBY VEGETABLE NUGGETS

This recipe is exchange free.

Preparation time: 10 minutes

Chilling time: 40 minutes

Cooking time: 40 minutes

Recipe makes: 10 nuggets

You will need a food processor.





SERVING SUGGESTION

Serve with sweet potato fries and dip in ketchup!

INGREDIENTS

- 2 x 40g packets of Mini Crackers
- 300g Sweet potato, peeled and chopped
- 2 Carrots, peeled and sliced
- 40g Green beans, chopped
- 50g Red pepper, chopped
- 1 Parsnip, peeled and chopped
- 40g Fate Low Protein All-Purpose Mix
- 40ml ProZero

METHOD

1. Preheat the oven at 200°C / 180°C Fan / Gas mark 6.
2. Blitz the Mini Crackers in the food processor until they resemble fine breadcrumbs and put into a bowl.
3. Boil sweet potatoes, carrots, green beans, red pepper and parsnip for 15 minutes or until soft.
4. Drain and blend in a food processor until it resembles a chunky mash.
5. Allow to cool for 20 minutes then transfer to a suitable container and chill in the fridge for a further 20 minutes.
6. Once chilled, remove from the fridge, take a handful of the mixture and shape into 10 nuggets.
7. Dip each nugget into the Fate Low Protein All-Purpose Mix, followed by ProZero and then the ground Mini Crackers until each nugget is completely coated.
8. Place the nuggets on a lined baking tray.
9. Bake in the oven for 25 minutes or until golden.

COURGETTE & LEEK SOUP

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 10 minutes

Recipe makes: 1 portion

You will need an electric hand-held blender.





SERVING SUGGESTION

For extra crunch, top with Mini Crackers.

INGREDIENTS

- 1 tsp Olive oil
- 2 Courgettes, diced
- 30g Leek, sliced
- 1 Garlic clove, crushed
- 200ml Vegetable stock
- 50ml ProZero
- Handful of fresh basil, chopped
- Salt and pepper to taste (optional)

METHOD

1. Place a pan over a low heat, add oil, courgettes and leek then cook for 5 minutes until soft.
2. Add the garlic to the pan and cook for a further minute.
3. Add vegetable stock and ProZero, bringing to the boil and simmer for 2 minutes.
4. Add the basil, salt and pepper.
5. Using an electric hand-held blender, blend until smooth.

VEGETABLE COTTAGE PIE

This recipe is exchange free.

Preparation time: 20 minutes

Cooking time: 60 minutes

Recipe makes: 2 portions

You will need two 18cm x 12cm oven proof dishes.



INGREDIENTS

- 800g Sweet potato, peeled and diced
- 40ml ProZero
- 20g Butter
- 5ml Vegetable oil
- 50g Butternut squash, peeled and diced
- 50g Onions, sliced
- 50g Carrots, peeled and diced
- 50g Mushrooms, sliced
- 50g Celery, sliced
- 50g Parsnips, peeled and diced
- 1 Garlic clove, crushed
- 2 tsp Worcestershire sauce
- 1 tsp Dried mixed herbs
- 2 tsp Tomato purée
- 50g Tinned chopped tomatoes
- 150ml Permitted vegetable stock

METHOD

1. Preheat the oven to 200°C / Fan 180°C / Gas mark 6.
2. Boil the sweet potato in a pan of boiling water until soft, then drain.
3. Add ProZero and butter to the sweet potato and mash until smooth.
4. Heat the vegetable oil in a large saucepan over a medium-high heat.
5. Add butternut squash, onions, carrots, mushrooms, celery, parsnips, garlic, Worcestershire sauce, mixed herbs and tomato purée and cook for 5 minutes, until the vegetables start to brown.
6. Stir in the tinned tomatoes and vegetable stock.
7. Let the mixture simmer until sauce has reduced.
8. Divide the mixture into the 2 oven proof dishes.
9. Top with the sweet potato mash and bake in oven for 40 minutes, until golden brown.

PIZZA

This recipe is exchange free.

Preparation time: 60 minutes (includes rising time for dough)

Cooking time: 20-25 minutes

Recipe makes: 2 pizzas





SERVING SUGGESTION

For added spice try using chopped fresh chillies.



TOP TIP

Try alternative pizza toppings with permitted vegetables.

INGREDIENTS

PIZZA BASE

- 200ml ProZero
- 175ml Warm water
- 1 x 6g Sachet dried yeast
- 9g Psyllium husk powder
- 500g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 3 tbsp Olive oil
- ½ tsp Salt
- 1 tsp Mixed dried herbs

TOPPING

- 100g Passata sauce
- 100g Mushrooms, chopped
- 100g Red pepper, sliced
- 100g Red onion, chopped
- 100g Violife Mozzarella Flavour Grated

METHOD

1. Place ProZero, warm water, dried yeast and psyllium husk powder into a mixing bowl and stir until combined.
2. Leave to rest for 10 minutes.
3. Add Fate Low Protein All-Purpose Mix, olive oil, salt and mixed dried herbs and combine by hand until a dough forms. Knead for 2 minutes.
4. Leave dough to rise for 30 minutes in a warm place.
5. Meanwhile, preheat oven to 200°C / 180°C Fan / Gas mark 6.
6. Dust your hands with Fate Low Protein All-Purpose Mix and divide dough into two equally sized balls and roll out to a thickness of 1cm.
7. Spread the passata sauce, mushrooms, red pepper, red onion and Violife cheese equally over each pizza base.
8. Place pizzas onto an oven tray and cook for 20-25 minutes.

AUBERGINE MOUSSAKA

This recipe is exchange free.

Preparation time: 10 minutes

You will need a 40cm x 27cm baking dish.

Cooking time: 30 minutes

Recipe makes: 4 portions



INGREDIENTS

- 400g Aubergines, sliced into 0.5cm thick rounds
- 2 tbsp Oil
- 1 Red onion, finely chopped
- 1 Garlic clove, crushed
- 1 Red pepper, finely chopped
- 400g Tinned chopped tomatoes (drained)
- 50g Tomato purée
- 1 Cinnamon stick
- Parsley, chopped to taste
- 300g Jerusalem artichokes, peeled and finely sliced
- 350ml ProZero (plus extra for cornflour mixture)
- 70g Butter
- 2 ½ tbsp Cornflour
- Salt and pepper to taste (optional)
- 1 tsp Nutmeg, grated
- 100g Violife Mozzarella Flavour Grated



SERVING SUGGESTION

Serve with permitted vegetables.



TOP TIP

Top with fresh basil leaves.

METHOD

1. Dip the aubergine rounds into the oil and griddle for 2 mins each side.
2. Fry the onion, pepper and garlic until soft then add the purée and cook for 5 minutes. Pour in the tomatoes and cinnamon and cook for a further 5 minutes.
3. Add the aubergine rounds and cook for a further 5-10 mins. Transfer to an ovenproof dish and sprinkle the chopped parsley on top.
4. Meanwhile, preheat the oven to 180°C / Fan 160°C / Gas mark 4.
5. Place the artichoke slices in a pan of salted water and bring to the boil, then simmer for 8-10 mins until they are soft.
6. Drain the artichokes, then layer the slices over the aubergine.
7. Pour the ProZero into a medium size pan with the butter. Heat gently until the butter has melted.
8. In a small bowl mix the cornflour with ProZero until you have a smooth pourable mixture. Pour this into the pan and place over a medium heat. Stir continuously until the mixture thickens (this will take a couple of minutes).
9. Once you have a smooth thick sauce season to taste with salt, pepper, grated nutmeg and half the grated Violife. Stir until the Violife melts.
10. Pour this mixture over the artichoke slices and sprinkle over the remaining grated Violife.
11. Place in the oven for 30 minutes or until the topping is bubbling and golden brown.

SAVOURY WHITE SAUCE

This recipe is exchange free.

Preparation time: 5 minutes

Cooking time: 10 minutes

Recipe makes: 4 portions



SERVING SUGGESTION

Serve over steamed permitted vegetables.

INGREDIENTS

- 250ml ProZero
- 25g Butter
- 15g Cornflour
- ½ Permitted vegetable stock cube
- Salt and pepper to taste (optional)

METHOD

1. Place the ProZero, butter and cornflour into a saucepan.
2. Heat gently and stir constantly with a wooden spoon or balloon whisk, until simmering. The sauce will be smooth and thickened.
3. Add the vegetable stock cube and seasoning.
4. Stir until the stock cube is dissolved.

TOP TIP

To make a parsley sauce just add 2 teaspoons of dried parsley or 4 teaspoons freshly chopped parsley to the finished sauce.

To make a curry sauce just add 2-3 teaspoons of curry powder at the same time as the vegetable stock cube.



SOUR 'CREAM' & CHIVE DIP

This recipe is exchange free.

Preparation time: 5 minutes

Cooking time: 10 minutes

Recipe makes: 2 portions

You will need an electric hand-held blender.





SERVING SUGGESTION

Try serving with baked sweet potato and permitted vegetables as a main or with permitted crudité's and Mini Crackers as a snack.



TOP TIP

Add finely chopped spring onions or crushed garlic instead of chives for a stronger taste.

INGREDIENTS

- 250ml ProZero
- 45g Butter
- 25g Cornflour
- 3 tbsp Lemon juice
- 2 tbsp Fresh chives, chopped
- Salt to taste (optional)

METHOD

1. Place the ProZero, butter and cornflour into a saucepan.
2. Heat gently and whisk until the mixture starts to simmer and thicken.
3. Remove from the heat and pour into a tall plastic container and using an electric hand-held blender, blend for 30-40 seconds.
4. Cover and leave until cool, stirring occasionally. Once cooled, place in the fridge until chilled.
5. After chilling, stir in the lemon juice and chives and season to taste.

PEPPERCORN SAUCE

This recipe is exchange free.

Preparation time: 5 minutes

Cooking time: 5 minutes

Recipe makes: 1 portion



INGREDIENTS

- 125ml Whipping 'Cream' (see recipe on p.7)
- 20ml Water
- 1 tsp Oil
- 1 tsp Peppercorns, crushed
- 2 tbsp Brandy (optional)
- Salt to taste (optional)

METHOD

1. Place the whipping 'cream' into a small jug or cup and stir in the water.
2. Place a small saucepan onto a medium heat and add the oil and the peppercorns, without stirring leave for 30 seconds to heat.
3. Add the brandy (it may flame, so take care). Once the flame dies, reduce heat and stir in the cream to make a sauce.
4. Season with salt to taste.



SERVING SUGGESTION

Serve with sautéed vegetables.

CHILLI 'CHEESE' SAUCE

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 10 minutes

Recipe makes: 2 portions



INGREDIENTS

- 150ml ProZero
- 100g Violife Original
- 2 tsp Cornflour
- 10g Butter
- 1 tsp Fajita mix

METHOD

1. Add all ingredients to a pan and stir well using a small balloon whisk over a medium heat.
2. Bring to the boil and then reduce heat to simmer.
3. Keep whisking until sauce thickens.

TOP TIP

Serve as a dip with Mini Crackers or on top of enchiladas!

COLA FLOAT

This recipe is exchange free.

Preparation time: 10 minutes

Cooking time: 10 minutes

Recipe makes: 1 cola float



INGREDIENTS

- 250ml Permitted cola
- 1 Scoop Vanilla Ice 'Cream' (see recipe on p.8)

METHOD

1. Pour the cola into a large glass.
2. Place a scoop of ice 'cream' on top and serve.



TOP TIP

Use any permitted fizzy drink instead of cola.

FROTHY 'MILK'

This recipe is exchange free.

Preparation time: 2 minutes

Recipe makes: 1 portion

You will need a small battery-operated whisk or milk frother.



INGREDIENTS

- 50ml ProZero

METHOD

1. Using a small battery-operated whisk or milk frother, whisk ProZero in a suitable container until it is light and frothy. This should take about 2 minutes.



SERVING SUGGESTION

You can put frothy 'milk' into milkshakes and cappuccinos.

CAPPUCCINO

This recipe is exchange free.

Preparation time: 2 minutes

Recipe makes: 1 cappuccino

You will need a large coffee mug.



INGREDIENTS

- 100ml Frothy 'Milk' (see recipe on p.53)
- 200ml Cup of coffee
- ½ tsp Cinnamon powder
- Grated Vitabite, to taste

METHOD

1. Pour the frothy 'milk' into the coffee.
2. Sprinkle on the cinnamon powder, grated Vitabite and serve.



SERVING SUGGESTION

Use stencils to sprinkle shapes of cinnamon powder onto your cappuccino.



TOP TIP

Allow to cool and add ice to enjoy a delicious and refreshing iced coffee drink.

'MILK'SHAKE

This recipe is exchange free.

Preparation time: 5 minutes

Recipe makes: 1 'milk'shake

You will need a small battery-operated whisk or milk frother.



INGREDIENTS

- 4 tsp Whipping 'Cream', chilled (see recipe on p.7)
- 50ml ProZero, chilled
- 2-4 tsp Permitted milkshake powder or flavoured syrup to taste.

METHOD

1. Place the 'cream' into a narrow jug or container and add ProZero.
2. Using a small battery-operated whisk or milk frother, whisk for 2 mins until it is light and frothy.
3. Stir in the milkshake powder or flavoured syrup.
4. Pour into a glass and serve.



SERVING SUGGESTION

Top with permitted fruit.

FRESH FRUITY SHAKE

This recipe is exchange free.

Preparation time: 5 minutes

You will need a liquidiser or smoothie maker.

Recipe makes: 1 shake



INGREDIENTS

- 200ml ProZero
- 100g Strawberries, raspberries or other permitted fruits (fresh or frozen)
- Sugar to taste

METHOD

1. Place the ProZero into a liquidiser or smoothie maker.
2. Add the fruit and sugar, then blend until smooth.
3. Pour into a glass and serve.

TOP TIP

Pour into a bottle or shaker for a delicious breakfast on the go!

HONEYCOMB CARAMEL 'MILK'SHAKE

This recipe is exchange free.

Preparation time: 10 minutes

You will need a liquidiser or smoothie maker.

Recipe makes: 1 shake



INGREDIENTS

- 250ml ProZero, chilled
- 40ml Permitted caramel sauce (plus extra for decoration)
- 1 tbsp Permitted honeycomb pieces

METHOD

1. Using the liquidiser or smoothie maker, blend ProZero with the caramel sauce until frothy.
2. Drizzle the inside of the glass with the caramel sauce and add the frothy ProZero.
3. Sprinkle with honeycomb pieces and caramel sauce.

MANGO COLADA

This recipe is exchange free.

Preparation time: 5 minutes

You will need a liquidiser or smoothie maker.

Recipe makes: 1 mango colada



INGREDIENTS

- 100g Fresh mango, diced
- 50ml Pineapple juice
- 50ml ProZero
- 50ml Permitted coconut milk
- 1 tsp Maple syrup
- 1 Large glass of ice

METHOD

1. Add all ingredients into a liquidiser or smoothie maker.
2. Blend until smooth and serve in tall glass.

ICED COFFEE

This recipe is exchange free.

Preparation time: 5 minutes

Recipe makes: 3 coffees



INGREDIENTS

- 1 tsp Instant coffee
- 100ml Boiling water
- 200ml ProZero
- 20g Caster sugar (optional)
- 1 Large glass of ice

METHOD

1. Place the instant coffee in a jug, add the boiling water and stir until dissolved. Add the ProZero and the caster sugar and leave to cool.
2. Pour into a glass filled with ice and serve.

TOP TIP

To make your coffee stronger, add more instant coffee.



FATE SPECIAL FOODS

Eileen Green is a Mum with two daughters, who both have PKU, so she fully understands the low protein way of life. Eileen has built her own company that offers the low protein all-purpose mix and a chocolate flavour cake mix used in this recipe booklet.

Eileen developed these mixes and many recipes to help everyone make great low protein food.

Eileen has worked with us to create this booklet – many, many thanks.

Additional recipes by Eileen can be obtained from your dietitian.



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