

PROZERO™

Chocolate Flavour Recipe Book



Enhancing Lives Together
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PROZERO™

Chocolate Flavour Recipe Book



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



Enhancing Lives Together



ProZero™ Chocolate flavour is a protein-free alternative to chocolate milk suitable for use from 3 years of age. It can be used on it's own as a drink 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 Chocolate flavour, Vitabite, Fate Low Protein All-Purpose Mix, Fate Low Protein Chocolate Flavour Cake Mix and Mevalia Low Protein Rice Replacer 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. Please check with your dietitian that these recipes are suitable for you.

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PREPARATION
TIME:
10
minutes

RECIPE
MAKES:
1
shake



'CHOCOLATE' CARAMEL SHAKE

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED A LIQUIDISER OR SMOOTHIE MAKER.

INGREDIENTS

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

METHOD

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

SERVING SUGGESTION



PREPARATION
TIME:
5
minutes

COOKING
TIME:
10
minutes

RECIPE
MAKES:
1
portion



'CHOCOLATE' FRENCH TOAST

THIS RECIPE IS EXCHANGE FREE

INGREDIENTS

- 1 tbsp Oil
- 100ml ProZero Chocolate flavour
- 20g Fate Low Protein All-Purpose Mix
- 15g Caster sugar
- 1 tsp Cinnamon
- 2 Slices of low protein bread

METHOD

1. Place a frying pan over a medium heat and add the oil.
2. Whilst the oil is heating, mix the ProZero Chocolate flavour, Fate Low Protein All-Purpose Mix, sugar and cinnamon in a bowl to form a batter.
3. Dip the bread into the batter until covered.
4. Using a spatula place the batter covered bread into the frying pan.
5. Fry for 1 minute on each side or until golden brown.

SERVING SUGGESTION

Serve with melted Vitabite and strawberries for a deliciously sweet treat!

'CHOCOLATE CREAM'

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED AN ELECTRIC HAND-HELD BLENDER AND AN ELECTRIC HAND-HELD WHISK.

INGREDIENTS

Single 'Chocolate Cream'

(Makes approx. 450ml)

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

Double 'Chocolate Cream'

(Makes approx. 650ml)

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

PREPARATION
TIME:

10-15
minutes

COOKING
TIME:

10
minutes

CHILLING
TIME:

3-4 hours or
overnight

Whipping 'Chocolate Cream'

(Makes approx. 500ml)

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

Extra Thick Double 'Chocolate Cream'

(Makes approx. 650ml)

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

METHOD

FOR EACH CONSISTENCY OF 'CREAM':

1. Place all 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. When chilled, the 'cream' will set softly.
7. When chilled and set, the 'cream' can be whipped to produce the consistency you desire, from a light and airy single cream consistency or continue to whip to reach a double, or thicker cream.

SERVING SUGGESTION

Serve with permitted fruit.

SERVING SUGGESTION



SERVING SUGGESTION

PREPARATION
TIME:
10
minutes

COOKING
TIME:
5
minutes

RECIPE
MAKES:
1
drink



SPEEDY HOT 'CHOCOLATE'

THIS RECIPE IS EXCHANGE FREE

INGREDIENTS

- 250ml ProZero Chocolate flavour

METHOD

1. Place the ProZero Chocolate flavour into a pan over a medium heat, bring to the boil.

SERVING SUGGESTION

Add some permitted low protein whipped 'cream', marshmallows and grated Vitabite for an extra sweet kick!

SERVING SUGGESTION

PREPARATION
TIME:
5
minutes

RECIPE
MAKES:
3
lattes



MOCHA LATTE

THIS RECIPE IS EXCHANGE FREE

INGREDIENTS

- 250ml ProZero Chocolate flavour
- 1 tsp Instant coffee (add more as desired)
- 100ml Boiling water

METHOD

1. Bring the ProZero Chocolate flavour to the boil in a pan over a medium heat.
2. Meanwhile, place the instant coffee in a jug, add the boiling water and stir until dissolved, then add the warmed ProZero Chocolate flavour.
3. Pour into latte glasses or mugs and add sugar to taste.

TOP TIP

To make your coffee stronger, add more instant coffee.

'CHOCOLATE' BREAD & BUTTER PUDDING

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED A 16 X 25CM OVEN-PROOF DISH AND A HAND-HELD ELECTRIC BLENDER

INGREDIENTS

- 400ml ProZero Chocolate flavour
- 250g Unsalted butter
- 60g Custard powder
- 40g Caster sugar
- 1 tbsp Vanilla essence
- 4 x 25g Vitabite bars, cut into chunks
- 8 x Thick slices of buttered low protein bread, cut into triangles

METHOD

1. Place the ProZero Chocolate flavour, butter, custard powder, sugar and vanilla essence into a small saucepan, over a gentle heat and stir well into a custard.
2. Keep stirring until the mixture starts to simmer and is thickened to form a custard.
3. Take off the heat, then pour into a container and use a hand-held blender to blend for 30-40 seconds and leave to cool.
4. Preheat oven to 190°C/fan 170°C/gas mark 5.
5. Pour 100mls of the custard mixture into the base of the oven-proof dish.
6. Arrange the bread triangles to be standing in the layer of 'Chocolate' custard. Add ½ the Vitabite chunks evenly over the bread.
7. Spoon over the remaining 'Chocolate' custard and top with the rest of the Vitabite chunks.
8. Bake in the oven for 20 minutes or until golden brown.

PREPARATION
TIME:

50
minutes

COOKING
TIME:

20
minutes

RECIPE
MAKES:

4
portions

SERVING SUGGESTION

Serve with low protein 'cream' or ice 'cream' (see www.vitafriendspku.co.uk/pku/recipes).



SERVING SUGGESTION

PREPARATION TIME:
15 minutes

COOKING TIME:
40 minutes

RECIPE MAKES:
2 portions



'CHOCOLATE' RICE PUDDING

THIS RECIPE IS EXCHANGE FREE

INGREDIENTS

- 100g Mevalia Low Protein Rice Replacer
- 80g Sugar
- 400ml ProZero Chocolate flavour
- 1 x 25g Vitabite bar, grated

METHOD

1. Place a saucepan over a medium heat, add the Mevalia Low Protein Rice Replacer and ProZero Chocolate flavour and bring to the boil.
2. Once boiling, reduce the heat and allow to simmer 30 minutes or until most of the ProZero Chocolate flavour has been absorbed.
3. Stir in the sugar and cook for a further 2 minutes.
4. Top with the grated Vitabite.

SERVING SUGGESTION

Serve with permitted fruit.

SERVING SUGGESTION

PREPARATION TIME:
10 minutes

COOKING TIME:
10 minutes

RECIPE MAKES:
2 large pancakes



'CHOCOLATE' PANCAKES

THIS RECIPE IS EXCHANGE FREE

INGREDIENTS

- 90g Fate Low Protein All-Purpose Mix
- 20g Sugar
- 20g Butter
- 1 tsp Baking powder
- ½ tsp Bicarbonate soda
- 1 x 25g Vitabite bar, grated
- 150ml ProZero Chocolate flavour
- 1 tsp Oil

METHOD

1. Place Fate Low Protein All-Purpose Mix, sugar, butter, baking powder, bicarbonate soda and Vitabite into a mixing bowl and rub together with your fingers until the butter is evenly distributed and mix resembles sand.
2. Whisk in ProZero Chocolate flavour gradually until a smooth batter is formed.
3. Heat a non-stick frying pan over medium heat and add oil.
4. Add a ladle of the batter to the pan. Wait until the top of pancake begins to bubble, then flip over using a spatula and cook until both sides are golden brown.
5. Repeat step 4 until all mixture is used.

SERVING SUGGESTION

Serve with syrup and permitted fruit.

'CHOCOLATE' CUSTARD TART

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED A 24CM LINED PIE DISH, HAND-HELD ELECTRIC BLENDER AND A HAND-HELD ELECTRIC WHISK.

INGREDIENTS

FILLING:

- 400ml ProZero Chocolate flavour
- 250g Unsalted butter
- 60g Custard powder
- 40g Caster sugar
- 1 tbsp Vanilla essence
- 25g Vitabite, grated

PASTRY BASE:

- 250g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 125g Soft margarine
- 30g Caster sugar
- 60ml Water

METHOD

1. For the filling, place the ProZero Chocolate flavour, butter, custard powder, sugar and vanilla essence into a small saucepan, over a gentle heat and stir well.
2. 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 and leave to cool.
4. Once cooled, cover and place in the fridge to chill for 3-4 hours, or preferably overnight.
5. Once chilled, the custard will softly set.
6. Once set, the custard can be whipped to form a light and airy consistency by using a hand-held electric whisk.
7. Preheat oven to 190°C/fan 170°C/gas mark 5.
8. For the pastry base, rub the Fate Low Protein All-Purpose Mix, margarine and sugar together in a mixing bowl, until it resembles coarse breadcrumbs.
9. Add the water to the Fate mixture and mix to form the pastry dough.
10. Leave to rest for 10 minutes.
11. Dust a clean work surface with Fate Low Protein All-Purpose Mix and knead the pastry for 1 minute, until smooth.
12. Using a rolling pin, roll the pastry out between two pieces of grease proof paper to a 28cm diameter circle.
13. Using a rolling pin, lift the pastry into the pastry dish and press the pastry around the edge using your thumb.
14. Cut the excess pastry off the sides of the dish and using a fork, prick the pastry base.
15. Line the inside of the base with grease-proof paper and add some baking beans or dried beans or lentils. Bake in the oven for 10 minutes or until golden brown.
16. Remove the baking beans, set aside and allow to cool.
17. Spoon the cooled 'Chocolate' custard mixture into the pastry dish and allow to cool in the fridge for 20 minutes, then sprinkle with the grated Vitabite.

SERVING SUGGESTION

Serve with low protein 'cream' or ice 'cream' (see www.vitafriendspku.co.uk/pku/recipes).

SERVING SUGGESTION

PREPARATION TIME:

50 minutes

COOKING TIME:

20 minutes

CHILLING TIME:

3-4 hours or overnight

RECIPE MAKES:

8 slices





SERVING SUGGESTION

PREPARATION TIME:

10 minutes

COOKING TIME:

10-15 minutes

CHILLING TIME:

3-4 hours

RECIPE MAKES:

4 portions

'CHOCOLATE' PANNA COTTA

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED 4 RAMEKIN DISHES AND AN ELECTRIC HAND-HELD BLENDER.

INGREDIENTS

- 400ml ProZero Chocolate flavour
- 50g Caster sugar
- 50g Unsalted butter
- 25g Cornflour

METHOD

1. Pour the ProZero Chocolate flavour into a small saucepan.
2. Add the butter, sugar and cornflour.
3. Place the pan over a gentle heat and stir well.
4. Keep stirring until the mixture starts to simmer and is thickened.
5. Pour the mixture into a tall container or jug and use an electric hand-held blender to blend for 30-40 seconds.
6. Immediately pour the mixture into the ramekin dishes.
7. Leave to cool, then place into the fridge to set for 3-4 hours.

SERVING SUGGESTION

Serve with permitted fruit.



PREPARATION TIME:

10 minutes

FREEZING TIME:

Overnight

RECIPE MAKES:

2 popsicles

'CHOCOLATE MILK' POPSICLES

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED POPSICLE MOULDS.

INGREDIENTS

- 250ml ProZero Chocolate flavour, chilled

METHOD

1. Pour into popsicle moulds and freeze overnight.

'CHOCOLATE' CHIP ICE 'CREAM'

THIS RECIPE IS EXCHANGE FREE

**CAN BE MADE BY HAND OR WITH AN ELECTRIC ICE CREAM MACHINE.
YOU WILL ALSO NEED AN ELECTRIC HAND-HELD WHISK.**

INGREDIENTS

- 500ml ProZero Chocolate flavour whipping 'cream', chilled (refer to page 6)
- 90g Caster sugar
- 3 x 25g Vitabite bars, cut into chunks

METHOD

BY HAND:

1. Put the chilled ProZero Chocolate flavour 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 stir well.
3. 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.
4. Remove from the freezer.
5. Using a fork or wire whisk, quickly beat the 'ice cream' to break up the ice crystals and stir in the Vitabite chunks.
6. Place the ice 'cream' back in the freezer to set solid for at least 3 hours.

METHOD

BY ICE CREAM MACHINE:

1. Pour the chilled ProZero Chocolate flavour whipping 'cream' into a large bowl and whisk until light and airy.
2. Add the sugar and stir well.
3. Pour the mixture into the machine.
4. Follow the instructions for your machine, and churn until the ice 'cream' is thick and frozen then add the Vitabite chunks and continue to churn until they are mixed through.
5. The ice 'cream' can be eaten straight away or transferred to a suitable container and stored in the freezer.

SERVING SUGGESTION

Serve with permitted fruit.

PREPARATION
TIME:

10-15
minutes

FREEZING
TIME

3 hours
depending on
method

RECIPE
MAKES:

Approx
1L





SERVING SUGGESTION

PREPARATION TIME:

15 minutes

COOKING TIME:

10 minutes

RECIPE MAKES:

2 waffles

'CHOCOLATE' WAFFLES

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED A WAFFLE MAKER AND A HAND-HELD ELECTRIC WHISK.

INGREDIENTS

- 120g Fate Low Protein All-Purpose Mix
- 14g Unsalted butter
- ½ tsp Baking powder
- 110ml ProZero Chocolate flavour
- 30g Sugar
- 1 x 25g Vitabite bar, chopped into small chunks

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 Chocolate flavour into the dry mixture, then whisk to make a smooth batter.
4. Add the Vitabite and mix well.
5. Pour batter into the waffle maker.
6. Cook for 6-7 mins or until golden brown.

SERVING SUGGESTION

Top with permitted low protein whipped 'cream' and permitted fruit.



SERVING SUGGESTION

PREPARATION TIME:

10-15 minutes

COOKING TIME:

20-25 minutes

RECIPE MAKES:

6 brownies

TRIPLE 'CHOCOLATE' BROWNIES

THIS RECIPE IS EXCHANGE FREE

YOU WILL NEED A 21CM X 21CM CAKE TIN AND A HAND-HELD ELECTRIC WHISK.

INGREDIENTS

- 1 x 250g Fate Low Protein Chocolate Flavour Cake Mix
- 3 x 25g Vitabite bars, broken into chunks
- 25g Soft margarine
- 75g Tesco Free From White Chocolate Buttons
- 120ml ProZero Chocolate flavour

METHOD

1. Preheat the oven to 200°C/Fan 180°C/Gas mark 6.
2. Place the Fate Low Protein Chocolate Flavour Cake Mix into a mixing bowl. Add the margarine and ProZero Chocolate flavour.
3. Using a whisk, mix well for 1 minute, then stir in the Vitabite and Tesco Free From White Chocolate Buttons.
4. Pour the mixture into the lined cake tin.
5. Bake for 20-25 minutes until risen.
6. Remove from the oven and leave to cool for 5-10 minutes.

SERVING SUGGESTION

Serve warm or cold with ProZero vanilla ice 'cream' (see www.vitafriendspku.co.uk/pku/recipes).

MOCHA ICE 'CREAM'

THIS RECIPE IS EXCHANGE FREE

**CAN BE MADE BY HAND OR WITH AN ELECTRIC ICE CREAM MACHINE.
YOU WILL ALSO NEED AN ELECTRIC HAND-HELD WHISK.**

INGREDIENTS

- 500ml ProZero Chocolate flavour whipping 'cream', chilled (refer to page 6)
- 100g Caster sugar
- 1-2 tsp Instant coffee granules
- 3 x 25g Vitabite bars, broken into chunks

METHOD

BY HAND:

1. Put the chilled ProZero Chocolate flavour 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 coffee granules and stir well.
3. 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.
4. Remove from the freezer.
5. Using a fork or wire whisk, quickly beat the ice 'cream' to break up the ice crystals and stir in the Vitabite chunks.
6. Place the ice 'cream' back in the freezer to set solid for at least 3 hours.

METHOD

BY ICE CREAM MACHINE:

1. Pour the chilled ProZero Chocolate flavour whipping 'cream' into a large bowl and whisk until light and airy.
2. Add the sugar and coffee granules and stir well.
3. Pour the mixture into the machine.
4. Remove from the freezer.
5. Follow the instructions for your machine, and churn until the ice 'cream' is thick and frozen then add the Vitabite chunks and continue to churn until they are mixed through.
4. The ice 'cream' can be eaten straight away or transferred to a suitable container and stored in the freezer.

PREPARATION
TIME:

10-15
minutes

FREEZING
TIME

3 hours
depending on
method

RECIPE
MAKES:

Approx
1L

