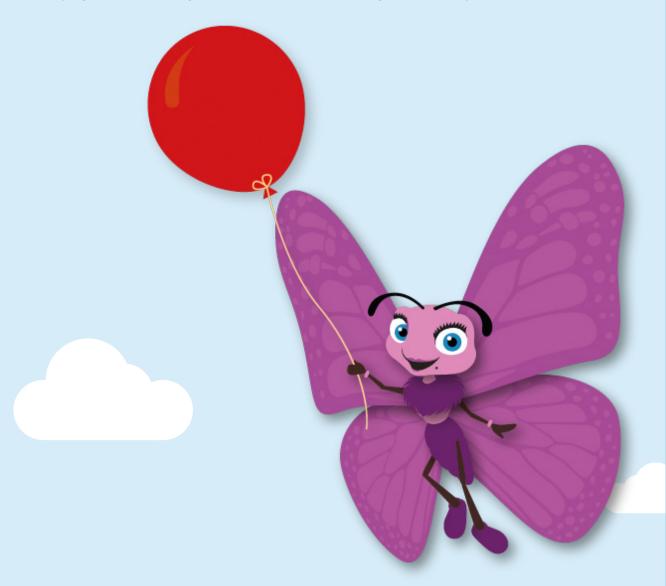
Recipes

PARTY FOOD

Organising a kids' party can be time-consuming enough without having to worry about the party food...

We've created some easy to make, fun recipes to help you make your little one's day extra special.



Some of our recipes use ProZero®, Vitabite®, Mini Crackers, Fate Low Protein All Purpose Mix and Fate Low Protein Chocolate Flavour Cake Mix







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 flavoured bar suitable for use from 1 year of age. It can be used in many ways as a bar, melted, made into all sorts of shapes using novelty moulds or as an ingredient in recipes.

Mini Crackers are low protein, savoury, herb flavour snack crackers suitable for use from 3 years of age. Mini Crackers can be eaten as a snack - on their own, with permitted dips or incorporated into savoury dishes to make a crunchy topping.

For further information about Fate Low Protein All-Purpose Mix and Fate Low Protein Chocolate Flavour Cake Mix visit www.fatespecialfoods.com

In some of our recipes we use Violife vegan alternatives to cheese. All the products used are available to purchase in supermarkets or health foods shops, in store or online.



Innovation in Nutrition

A Nestlé Health Science Company

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Preparation time

10 minutes

Cooking time

12-15 minutes

Decoration time

30 minutes

Recipe makes

1 cake

Ingredients

Cake:

- 250g Fate Low Protein Chocolate Flavour Cake Mix
- 65g Soft margarine
- 125ml Water
- 2-3 tbsp Raspberry jam

Cake topping:

 200g Betty Crocker Tempting Chocolate Icing* or 6 x 25g Vitabite bars, melted**

Decoration:

- 1 x 25g Vitabite bar
- 50g Orange ready to roll fondant icing
- 50g Red ready to roll fondant icing
- Black ready to roll fondant icing (enough for the eyes and eyebrows)
- Icing sugar (for dusting)
- Skittles to decorate
- Hundreds and thousands/sprinkles to decorate





^{* 1.1} g protein per 100g. Each slice will only have a small amount of protein so does not need to be counted as an exchange. However, if more than 1 slice is eaten, this will need to be counted.

Fate Low Protein Chocolate Flavour Cake Mix and Vitabite are foods for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a low protein diet.

^{**} If using Vitabite instead of Betty Crocker Tempting Chocolate Icing this recipe is exchange free.

Cake:

- 1. Preheat oven to 190°C/fan 170°C/gas mark 5.
- Grease and line a swiss roll tray. Place Fate Low Protein Chocolate Flavour Cake Mix into a mixing bowl. Add the margarine and the water and using an electric whisk, mix well for 1 minute.
- **3.** Pour mixture into swiss roll tray and bake for 12 15 mins until risen and firm.
- 4. Remove from oven and immediately turn it out onto a piece of greaseproof paper (the paper that was used to line the tray may still be on the cake, so remove this, and throw it away).
- Spread cake with jam, and whilst it is still hot, gently roll it up, starting at the longest side, using the greaseproof paper to help you.
- Roll up tightly and place it on a wire rack or plate to cool.

Caterpillar decoration:

- **1.** Place the swiss roll on a cake board and trim both ends to neaten.
- **2.** Gently spread the chocolate icing or melted Vitabite over the whole of the cake to cover. Grate the Vitabite and sprinkle over the cake
- **3.** Lightly dust work surface with icing sugar. To make the caterpillar face, cut out a circle of the orange icing and gently press onto the front of the swiss roll.
- **4.** Add a Skittle for its nose securing using a dab of the cake topping. Make the eyes by cutting out circles from the black and white icing and the eyebrows by rolling out a small strip of black icing, use a dab of water to place these on the face.
- **5.** Use the pointed end of a knife to draw the shape of a mouth into the icing.
- 6. For each antenna roll a small amount of red icing narrowing at one end and place on top of the face with a dab of water.
- 7. The caterpillar can then be decorated with Skittles and hundreds and thousands/sprinkles (legs can be added with small strips of red icing if desired).







Preparation time

30 minutes

Recipe makes

12 ladybugs

Ingredients

- 30g Violife Creamy Original
- 12 Mini Crackers
- 12 Small basil leaves, washed and dried
- 6 Cherry tomatoes, washed and cut into quarters
- 12 Black grapes, washed
- Black food colouring

2 PIPING BAGS AND 1 SMALL PIPING BAG NOZZLE NEEDED

- Spoon the Violife Creamy Original into a piping bag and cut off 1cm from the bottom of the bag.
- Pipe a small amount of Violife Creamy Original onto a cracker and add a basil leaf.
- Take two quarters of a tomato and scoop out pulp.
- **4.** Place small amount of Violife Creamy Original into the empty tomato shells.

- **5.** Place tomatoes onto basil leaf and gently push together.
- **6.** Cut off the end of a grape and use for the head of ladybug.
- 7. Mix a small amount of black food colouring to a tablespoon of Violife Creamy Original and add to another piping bag, using the small nozzle, pipe spots and eyes on ladybug to finish.



THIS RECIPE IS EXCHANGE FREE

Overview

Preparation time 10 minutes

Recipe makes 8 ants on sticks

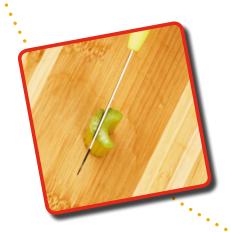
Ingredients

- 8 Pieces of washed celery (approx. 8cm in length)
- 50g Violife Creamy Original
- 24 Raisins



Method

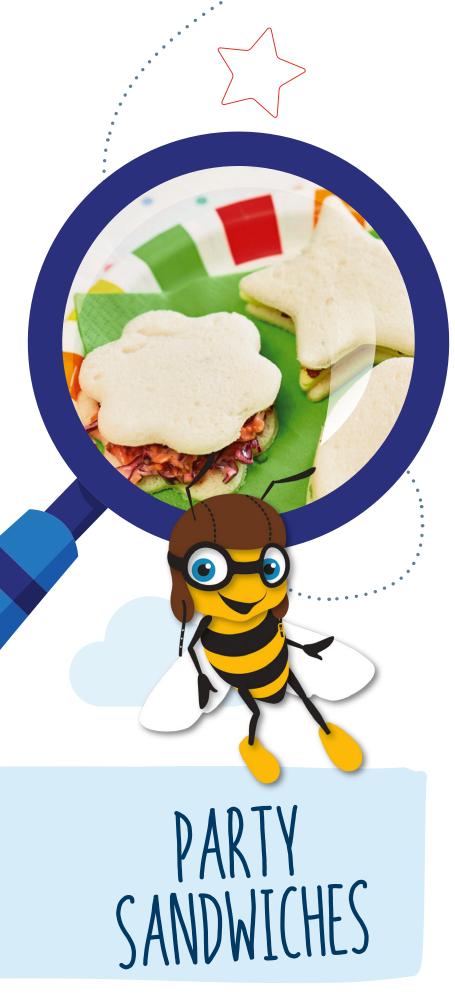
- 1. Slice off the bottom of the celery so it sits flat.
- 2. Spoon Violife Creamy Original into a piping bag and cut off 1cm from the bottom of the bag.
- 3. Pipe Violife Creamy Original onto the celery sticks.
- 4. Place 4 raisins on top of Violife Creamy Original.



Refer to labels for allergen and other product information.









Preparation time 20 minutes

Recipe makes 4 sandwiches

Ingredients

- Fate low protein bread (made as per recipe on pack of Fate Low Protein All-Purpose Mix)
- 20g Butter, softened

Filling Ideas

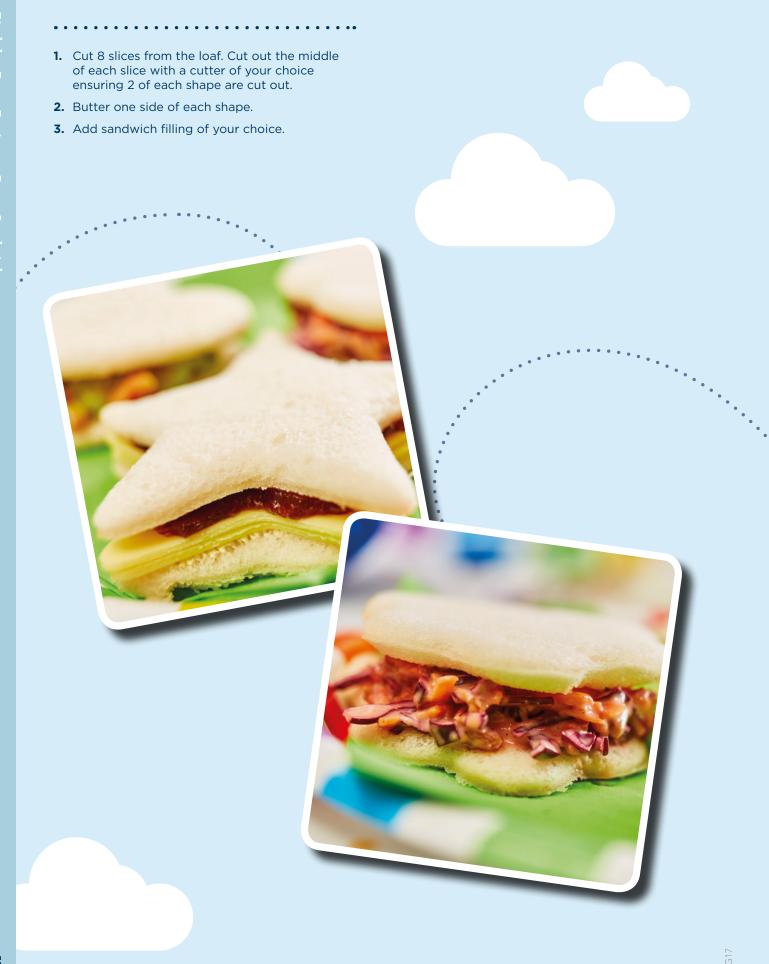
'Cheese' and Pickle (2 sandwiches):

- · 2 Slices of Violife original
- 2 tbsp of pickle/chutney

Curried Coleslaw (2 sandwiches):

Combine the following ingredients in a bowl:

- 30g Red cabbage, finely grated
- 30g Carrot finely, grated
- 10g Sultanas, chopped (optional)
- 2 tbsp Salad cream
- 1 tsp Mango chutney
- 1/4 tsp Curry powder (optional)



LOW EXCHANGE VALUE

Overview

Preparation time

20 minutes

Cooking time

20 minutes

Decoration time

20 minutes

Recipe makes

8 cake pops

Ingredients

- 250g Fate Low Protein Chocolate Flavour Cake Mix
- 65g Soft margarine
- 125ml Water
- 80g Betty Crocker Tempting Chocolate Icing*
- 4 x 25g Vitabite bars, broken into chunks
- Sprinkles for decoration

Top Tip

Icing decorations can be added to the top of the cake pops.

8 LOLLIPOP STICKS AND A 21CM ROUND CAKE TIN NEEDED

* 1.1 g protein per 100g. Each Cake Pop will only have a small amount of protein so does not need to be counted as an exchange. However, if more than 1 Cake Pop is eaten, this will need to be counted.

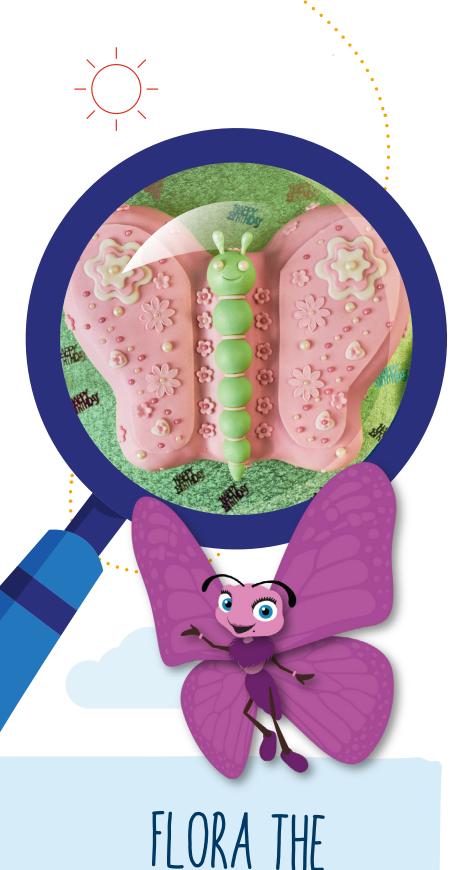
Fate Low Protein Chocolate Flavour Cake Mix and Vitabite are foods for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a low protein diet.



- 1. Preheat oven to 190°C/fan 170°C/gas mark 5.
- 2. Grease and line a round cake tin.
- Place Fate Chocolate Flavour Cake Mix into a mixing bowl. Add the margarine and water.
- **4.** Using an electric whisk, mix for 1 minute and pour into the cake tin. Bake for 20 minutes until risen and firm to touch.
- 5. Place on a wire rack to cool.
- Crumble the cake with your hands into a mixing bowl. Add the chocolate icing and mix together well.
- 7. For each cake pop weigh, approx. 50g of mixture and roll firmly into a ball.

- 8. Add Vitabite chunks into a heatproof bowl. Melt by placing the bowl over simmering water, stirring occasionally or melt in the microwave on a low heat.
- **9.** Take a lollypop stick and dip one end into the melted Vitabite and insert it inside the cake pop. This will help it to stick to the cake. Leave it for 2 minutes to set.
- **10.** Hold the cake pop by the stick and dip it into the melted Vitabite until it is completely covered.
- **11.** Immediately shake sprinkles on the cake pop before the Vitabite hardens.
- **12.** Keep upright by placing in a mug or small glass and place in the refrigerator.







Preparation time

15 minutes

Cooking time

25-30 minutes

Decoration time

60 minutes

Ingredients

Cake:

- 500g Fate Low Protein Cake Mix
- 250ml Pure orange juice
- 130g Soft margarine (plus extra for greasing)

Filling:

Buttercream:

- 125g Butter
- 250g Icing sugar
- Few drops of vanilla essence
- 2 tbsp Raspberry jam

Decoration:

- 500g Pink ready to roll fondant icing (or colour of your choice) for covering cake
- 250g Ready to roll coloured fondant icing (for decorations)
- 250g Ready to roll fondant icing in a contrasting colour (for body)
- Extra icing sugar (for dusting)



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BUTTERFLY CAKE

- 1. Preheat oven to 190°C/fan 170°C/gas mark 5.
- **2.** Grease the cake tin with a generous amount of margarine.
- **3.** Place the Fate Low Protein Cake Mix into a mixing bowl.
- **4.** Add the margarine and orange juice and using an electric whisk, whisk for 1 minute until smooth.
- 5. Transfer the cake mix into a cake tin and bake for 25-30 minutes.
- **6.** Allow to cool for 10 minutes then transfer the cake onto a cooling rack.
- 7. Meanwhile make the buttercream by whisking butter, icing sugar and vanilla essence until a creamy texture is achieved.
- 8. Once the cake is cooled cut it in half and spread one side with jam and one side with buttercream.
- **9.** Put the cake back together and place on a board.

- **10.** With a pallet knife, cover the cake thinly with the remaining buttercream (this will make the icing stick to the cake).
- 11. Lightly dust the work surface with icing sugar and take 500g of ready to roll icing and knead it until it becomes soft and pliable. Roll it out until it is large enough to cover the cake.
- **12.** Fold the icing over a rolling pin and drape over the cake to cover.
- **13.** Smooth the icing over the cake and cut any excess icing from the base to give a neat finish.
- **14.** Roll out 250g of ready to roll icing and cut out shapes of choice for decoration.
- **15.** For the body of the butterfly, use a contrasting colour and roll balls of icing in decreasing size. Place these down the centre of the butterfly using a dab of water or buttercream to stick them down.





BUTTONS

- Add Vitabite chunks into a heatproof bowl.
 Melt by placing the bowl over simmering water,
 stirring occasionally or melt in the microwave
 on a low heat.
- 2. In a separate heatproof bowl melt the white chocolate.
- Lightly grease the Yorkshire pudding tray with butter or oil
- **4.** Into each of the Yorkshire pudding tray cups, place 2 teaspoons of melted Vitabite
- Add a teaspoon of the melted white chocolate and with a cocktail stick swirl together to make a variety of patterns. Add the hundreds and thousands/sprinkles.
- **6.** Place in the freezer for 5 minutes to set
- 7. Remove from tin and keep refrigerated.







Preparation time

10 minutes

Recipe makes

6 kebabs



Ingredients

- 1 Punnet of green grapes, washed
- 1 Punnet black or red grapes, washed
- Small amount of black and white ready to roll fondant icing (for eye decoration)



SPROUT THE CATERPILLAR FRUIT KEBABS



- Slide 8 grapes onto a skewer to make the caterpillar body (leave room for a handle at the base).
- Make eyes from the black and white icing by using two small different sized circle cutters. Alternatively roll the black and white icing into small balls and flatten to make eyes.
- **3.** Dab the back of the eyes with water and stick to the grape at the top of the skewer to create the eyes.



THIS RECIPE IS EXCHANGE FREE

Overview

Preparation time 20 minutes

Recipe makes 10 celery snails

Ingredients

- 10 Celery pieces, washed (approx. 5cm in length)
- 50g Violife Creamy Original
- 10 Mini Crackers
- Black food colouring

2 SMALL PIPING BAGS AND 1 SMALL PIPPING BAG NOZZLE NEEDED

CELERY SHELDON SNAILS



- Slice off the bottom of the celery so it sits flat and keep these celery pieces for later.
- **2.** Spoon Violife Creamy Original into the piping bag and cut off 1cm from the bottom of the bag.
- Pipe Violife Creamy Original onto the celery stick and pipe a ball at the end for the head.
- **4.** Use the cut off piece of celery to make two small antennas and push into snails' head.
- 5. Mix a small amount of black food colouring with a tablespoon of Violife Creamy Original. Add into another piping bag with a small nozzle and gently pipe on the eyes onto the head
- **6.** Add Mini Crackers into the Violife Creamy Original to complete your snail.







Preparation time

20 minutes

Cooking time

5-15 minutes

Recipe makes

18 biscuits

Ingredients

- 225g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 75g Light brown soft sugar
- 150g Block margarine, at room temperature
- 18 Boiled fruit flavour sweets

Top Tip:

If the centre hole in the biscuits is less than 2.5cm diameter a whole sweet may be too much for the middle, so simply cut the sweets in half with a sharp knife. It may help if you do a test bake first.

- 1. Preheat oven to 160°C/fan 140°C/gas mark 3.
- 2. Place Fate Low Protein All-Purpose Mix and sugar into a bowl.
- **3.** Rub in the block margarine with your fingertips, until it resembles fine breadcrumbs. Continue to mix until it forms a dough.
- **4.** Dust surface with Fate Low Protein All-Purpose Mix and knead the dough, until smooth.
- **5.** Roll dough out to 0.5cm thick. Using the large cutter, cut 18 biscuits from the dough, place onto a baking tray lined with baking paper.
- **6.** Using a smaller cutter, cut out the centre of each larger biscuit and then pace a whole boiled sweet in the centre. Place the smaller shaped biscuits on another baking tray lined with baking paper.
- 7. Bake larger biscuits with the boiled sweets centre for 10-15 minutes and 5-10 minutes for smaller biscuits. Once cooked they should be lightly browned and the sweet melted.
- **8.** Leave them on the tray until they are cool and the centres are set. Transfer to a wire rack to cool.

THIS RECIPE IS EXCHANGE FREE

Preparation time

40 minutes

Cooking time

15-20 minutes

Recipe makes

approx. 15 mini pizzas (depending on cutter size. We used 8cm diameter)

Ingredients

For the dough:

- 180ml Water, warm
- · 4g Dried yeast
- 4g Psyllium husk
- 2 tsp Oil (plus extra for greasing)
- 1 tsp Garlic purée
- 2 tsp Tomato purée
- 250g FateLow Protein All-Purpose Mix (plus extra for dusting)
- 1 tsp Dried oregano

For the topping: Margarita:

- 10 tsp Tomato pizza topping
- 80g Violife For Pizza mozzarella flavour, grated
- 1 tsp Dried oregano

Further toppings (optional):

- 20g Onion, finely diced
- 20g Pepper, mixed colours, finely sliced
- 20g Mushroom, finely sliced
- 20g Cherry tomatoes, finely sliced



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- Place the water, yeast, psyllium husk, oil, garlic and tomato purée in a bowl, stir and allow to stand for 10 minutes until the mixture thickens
- 2. Add the mixture to the Fate Low Protein All-Purpose Mix and oregano in a bowl, using your hands, mix until a dough is formed
- 3. Knead the dough for 3-5 minutes.
- **4.** Place the dough back in the bowl, cover with cling film and leave the dough to rise for 20 minutes.
- 5. Preheat the oven to 200°C/far 180°C/gas mark 6.

- **6.** Grease a baking tray with oil.
- Roll out dough to 0.5cm thickness.
 Cut out shapes using your cutter of choice and place onto baking tray.
- 8. Spread tomato pizza topping evenly over dough, leaving 1cm around the edge for a crust
- Top with Violife For Pizza mozzarella flavour and oregano.
- **10.** Add further toppings of choice e.g. onions, peppers, mushrooms and cherry tomatoes.
- 11. Bake in the oven for 15-20 minutes.

