



**Thuy Nguyen**

# **LOW PROTEIN DIET ALL OVER THE WORLD**

**Recipes for patients with protein metabolism disorders**



"Horn of plenty" - colour etching by Thomas Möser from the "Art and Medicine" series  
Website of the artist: [www.thomas-moeser.de](http://www.thomas-moeser.de)

## Table of Contents

Preface	Page 5
Soups	Page 6
Potatoes	Page 19
Rice	Page 34
Pasta	Page 40
Vegetables & Salads	Page 48
Sauces and Dips	Page 74
Cakes, Biscuits & Desserts	Page 82

## Abbreviations used

tsp. = teaspoon - tbsp. = tablespoon - g = gram - ml = millilitre - l = litre  
Prot. = Protein - Phe. = Phenylalanine - Tyr. = Tyrosine - Leu. = Leucine - Met. = Methionine

The rights to this cookbook were acquired via a grant provided by Immedica to the author.  
The recipes were authored by Thuy Nguyen and have been translated from either German to English or Spanish to English.

## Publisher

Immedica Pharma AB | [www.immedica.com](http://www.immedica.com) | [info@immedica.com](mailto:info@immedica.com)

## Layout and typesetting

graphic:stein - office for graphic design - [www.grafik-stein.de](http://www.grafik-stein.de)

## Edition

3rd edition



# PREFACE

Dear Reader,

as a dietician for paediatric metabolic disorders at the University Children's Hospital in Düsseldorf, I look after patients with protein metabolism disorders and their families. The patients' wishes and concerns prompted me to write this cookbook. It is close to my heart that patients with a protein metabolism disorder have the opportunity to eat balanced, healthy and varied meals in addition to their diet. It is important that the food is delicious and easy to prepare. Therefore, I would like to present you with recipes that are healthy, delicious, low in protein and easy to cook.

Many of the dishes presented in this cookbook are suitable for the whole family, and even carers and cooks can benefit from these recipes. Visually appealing dishes can be served quickly and easily.

A lifelong low-protein diet is not only a psychological burden, but also a financial burden on the family. Therefore, to ease the financial burden on families, the recipes have been written with few special products or without using them at all.

This cookbook is intended to be of great use in the daily work of nutritionists who give practical advice to patients.

A big thank you to everyone who supported my project. A special thanks to Delia Barrio Carreras, Dietitian-Nutritionist at Hospital Universitario 12 de Octubre, Madrid and Cristina Montserrat Carbonell Dietitian-Nutritionist, Hospital Clínic Barcelona, who contributed with delicious recipes from Spain.

I hope you enjoy cooking and "Bon appétit"!

Thuy Nguyen

# SOUPS



## MINISTRONE

### Ingredients for 4 persons

- 1l vegetable stock
- 100 g carrots
- 100 g green beans (frozen)
- 100 g tomatoes
- 50 g leek
- 50 g celeriac
- Rosemary sprig, basil, pinch of sugar
- 400 g homemade noodles (or 120 g uncooked low-protein noodles)

### Preparation

Bring the stock to a boil. Wash vegetables. Peel the carrots and celeriac and cut them into thin strips. Remove the seeds from the tomatoes and cut the tomatoes into strips. Cut the leek into rings. Cook the vegetables and herbs in the stock for 10 minutes. Cook the noodles in salted water in a separate saucepan. Add the prepared noodles to the soup.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	729	8.7	287	186	539	104
Per serving	182	2.2	72	47	134	26



## BORSCHT (beetroot soup)

### Ingredients for 4 persons

- 1l vegetable stock
- 200 g beetroot
- 2 cloves of garlic
- 50 g leek
- 100 g carrots
- 150 g white cabbage
- 100 g celeriac
- Paprika powder, cinnamon, salt, oregano, pinch of sugar
- 2 tbsp. tomato paste
- 1 tbsp. vinegar
- 4 tbsp. dill
- 150 g fresh cream

### Preparation

Bring the stock to a boil. Wash vegetables. Peel the carrot, beetroot, celery and garlic and dice them into bite-sized pieces. Cut the leek and white cabbage into strips. Cook the vegetables in the stock. Season with paprika powder, oregano, cinnamon, tomato paste, vinegar, salt and sugar. Finely chop the dill. Garnish the soup with fresh cream and dill.

**Tip:** Beetroot is also available in vacuum packs.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	830	15.6	496	495	955	192
Per serving	208	3.9	124	124	238	48



## BEETROOT AND COCONUT MILK SOUP

### Ingredients for 4 persons

- 400 g beetroot
- 500 ml vegetable stock
- 2 tbsp finely chopped dill
- 40 g onion
- 200 ml coconut milk
- Salt, pepper
- 15 g ginger
- 2 tbsp. vinegar
- 1 tbsp. rapeseed oil
- ½ tsp. ground cinnamon

### Preparation

If necessary, peel and coarsely dice the beetroot. Peel the onion and ginger and chop into small pieces. Heat the oil in a saucepan and sauté the onions. Add the beetroot and ginger and sauté them. Add the vegetable stock and cook with the lid on for 15 minutes until soft.

Puree the soup and add coconut milk and vinegar. Simmer for another 5 minutes. Season with salt, cinnamon, dill and pepper.

**Tip:** Beetroot is also available in vacuum packs.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	396	8.6	197	365	388	49
Per serving	99	2.2	49	91	97	12



## VEGETABLE SOUP

### Ingredients for 4 persons

- 2 tbsp. rapeseed oil
- 200 g carrots
- 200 g kohlrabi
- 100 g leek
- 2 tbsp. tomato paste
- 100 g potatoes (peeled)
- 1l vegetable stock
- 2 tbsp basil (chopped)
- Salt, pepper, pinch of sugar

### Preparation

Wash vegetables. Peel the carrots, potatoes and kohlrabi and then dice them. Cut the leek into rings. Heat the oil in a saucepan. Sauté the leek, carrots and kohlrabi.

Add the tomato paste, gently fry and then pour in the vegetable stock. Add the potato cubes, season with pepper and simmer for 15 minutes.

Sprinkle with basil.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	595	12.3	401	283	698	139
Per serving	149	3.1	100	71	174	35



## WILD GARLIC SOUP

### Ingredients for 4 persons

- 600 ml vegetable stock
- 40 g onion
- 150 g wild garlic
- 150 g carrots
- 150 g celeriac
- 150 g potato
- 1 tbsp. rapeseed oil
- 50 ml cream
- Salt, pepper, pinch of sugar

### Preparation

Wash vegetables. Peel the onion, carrots, celery and potatoes and then dice them. Cut the wild garlic into fine strips.

Heat the oil in a saucepan, add the onions and sauté. Add half of the wild garlic and sauté. Add the vegetables, pour in the stock and cook for about 15 minutes.

Finely puree the soup using a hand blender. Season with salt, pepper and a pinch of sugar. Add the rest of the wild garlic strips to the soup and leave to simmer for 2 minutes. Add cream as a finishing touch.

**Tip:** Fresh wild garlic can be frozen well and is also available frozen.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	582	10.7	422	317	663	152
Per serving	146	2.7	106	79	166	38



## PEA STEW

### Ingredients for 4 persons

- 1 l vegetable stock (without yeast)
- 100 g carrots
- 100 g peas (frozen)
- 200 g tomatoes
- 100 g leek
- 100 g celeriac
- 80 g onions
- 200 g potatoes (peeled)
- 2 tbsp. rapeseed oil
- ½ tsp. cumin, ½ tsp. saffron, salt, paprika powder, pepper, 2 tbsp flat-leaf parsley (chopped)

### Preparation

Wash vegetables. Peel the carrot, onion and celery. Cut the vegetables and potatoes into small pieces. Remove the seeds from the tomatoes and then dice the tomatoes.

Sauté the carrot, onion, celery, potato and leek in oil. Add the stock. Season with salt, pepper, cumin, saffron and paprika powder.

Cook the vegetables and spices in the stock for 20 minutes. Finely puree everything. Mix in the peas and tomatoes and cook for 10 minutes. Sprinkle parsley over the top.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	740	20.7	894	673	1462	265
Per serving	185	5.2	224	168	365	66



## CHESTNUT SOUP

### Ingredients for 4 persons

- 1 tbsp. rapeseed oil
- 80 g onions
- 2 cloves of garlic
- 100 g carrots
- 100 g celery
- 50 g chestnut flour (from the health food shop)
- 700 ml vegetable stock (without yeast)
- 100 g cream
- 3 tbsp. vinegar
- 2 tbsp. flat-leaf parsley (chopped)
- Salt, pepper, thyme

### Preparation

Wash vegetables. Peel the carrots, onion and garlic. Chop the carrots, celery, onions and garlic. Heat the oil in a saucepan and sauté the onions and garlic. Add the carrots and celery and sauté for 5 minutes. Add the chestnut flour and thyme. Add the vegetable stock. Boil the soup with the lid on for 10 minutes until soft. Puree the soup, and add cream and vinegar. Simmer again for 5 minutes. Season with salt and pepper and serve with parsley.

**Tip:** Instead of 50 g of chestnut flour, you can use 140 g of freshly peeled chestnuts.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	882	11.4	482	438	774	158
Per serving	221	2.9	121	110	194	40



## ASIAN GLASS NOODLE SOUP

### Ingredients for 4 persons

- 50 g uncooked glass noodles
- 200 g carrots
- 2 tbsp chives
- 3 tbsp. rapeseed oil
- 100 g leek
- Salt, pepper, 1 pinch of sugar
- 40 g onions
- 50 g mushrooms
- 1 tsp. sesame oil
- 1l vegetable stock

### Preparation

Wash vegetables. Peel the onions and carrots. Cut the leeks, carrots and onions into bite-sized strips. Cut the mushrooms into thin slices.

Heat the oil in a saucepan and sauté the onions until they are golden brown. Add the vegetables, sauté, season with salt, pepper and sugar. Add the stock and bring to a boil for 5 minutes.

Cut the glass noodles into bite-sized pieces and add them to the soup. Add the sesame oil to the soup and serve with chives.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	789	8.8	264	185	478	91
Per serving	197	2.2	66	46	120	23



## ORIENTAL LENTIL SOUP

### Ingredients for 4 persons

- 2 cloves of garlic
- 30 g raw red lentils
- ½ tsp cumin
- 80 g onion
- 2 tbsp olive oil
- ½ tsp dried mint
- 300 g carrots
- 1 tbsp tomato paste
- Pepper, pinch of sugar
- 120 g potatoes
- 900 ml water
- 80 g red pointed peppers
- 2 tsp salt

### Preparation

Rinse vegetables. Peel and dice the garlic, onions, carrots and potatoes. Remove the core and coarsely dice the peppers. Heat the oil in a pot, add the garlic and onions and sauté. Add the tomato paste and sauté briefly. Add carrots, potatoes, peppers and lentils, then add water and cook for about 30 minutes. Finely puree the soup using a hand blender. Season with salt, cumin, mint, pepper and a pinch of sugar. Finish with lemon juice. Serve with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	568	15.2	724	467	1000	221
Per serving	142	3.8	181	117	250	55





## GAZPACHO

### Ingredients for 6 persons

- 1 kg of ripe red tomatoes
- 1 clove of garlic
- 50 g of green pepper
- 40 g of onion
- 70 g of peeled cucumber
- 20 ml of vinegar
- 1 teaspoon of salt
- 30 ml of olive oil

### Preparation

Peel the tomatoes. Put all the ingredients together. Using a blender or food processor, blend all the ingredients, then pass through a sieve to remove the tomato seeds.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	526	10.3	380	262.5	85.2	179.9
Per serving	87	1.7	63	44	14	30



## SALMOREJO

### Ingredients for 6 persons

- 1 kg of ripe red tomatoes
- 1 clove of garlic
- 150 g of low protein bread
- crumbs from the previous day (preferably stale)
- 20 ml of vinegar
- 1 teaspoon of salt
- 30 ml of olive oil

### Preparation

Peel the tomatoes.

Put the tomatoes, bread, vinegar, oil and salt into a blender or a food processor and mix until smooth. Then strain it through a sieve to remove the tomato seeds.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	780	9.7	358	246	71.5	168
Per serving	130	1.6	60	41	12	28



## COLD MELON SOUP

### Ingredients for 6 persons

- 750 g of ripe melon (approx. ½ melon)
- 1 medium cucumber, peeled
- 10 ml of olive oil
- 10 ml lemon juice
- Salt

### Preparation

Beat all the ingredients until creamed together. Keep in the fridge until time to serve. It can be enjoyed with vegetable salad chopped into pieces on top or with bread crostini.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	415	4.9	163.8	136	45	14
Per serving	69	0.81	27	22	8	2

# POTATOES



## PUMPKIN WITH SWEET POTATOES

### Ingredients for 4 persons

- 700 g pumpkin, peeled
- 400 g sweet potatoes, peeled
- 2 tbsp. olive oil
- 80 g onions
- 2 cloves of garlic
- 1 tsp. ground turmeric
- 15 g fresh ginger (grated)
- 1 tsp. ground cinnamon
- ½ tsp. ground saffron
- ½ tsp. harissa (hot spice paste)
- 30 g raisins (chopped)
- Pepper
- 500 ml vegetable stock
- 3 tbsp coriander (chopped)

### Preparation

Wash and peel the vegetables. Cut and coarsely dice the pumpkin and the sweet potatoes. Chop the onions, ginger and garlic.

Heat the oil in a saucepan and sauté the onions and garlic in it. Add the pumpkin, sweet potatoes and raisins and fry briefly. Season with turmeric, ginger, cinnamon, saffron, harissa and pepper.

Add the vegetable stock and simmer with the lid on for 15 minutes. Serve with coriander.

**Tip:** Ground ginger is also available.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1032	17.7	772	644	1013	171
Per serving	258	4.4	193	161	253	43



## POTATO AND VEGETABLE STIR-FRY

### Ingredients for 4 persons

- 400 g potatoes (peeled)
- 80 g onions
- 250 g red peppers
- 250 g aubergines
- 100 g green beans (frozen)
- 40 g fresh cream
- 2 tbsp. tomato paste
- 3 cloves of garlic
- 3 tbsp. olive oil
- Salt, pepper, paprika powder, 1 pinch of sugar
- 3 tbsp. flat-leaf parsley (chopped)

### Preparation

Wash vegetables. Peel the potatoes, onions and garlic. Chop the vegetables into bite-sized pieces. Chop the onions and garlic into small pieces. Cook the potato cubes in salted water and then drain.

Sauté the onions and garlic in olive oil, then add the diced vegetables and sauté for approx. 10 min. Then mix the potato cubes into the vegetables and season with fresh cream, tomato paste, salt, pepper and paprika powder. Sprinkle with parsley.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	842	19.5	863	616	1242	273
Per serving	211	4.9	216	154	310	68



## GNOCCHI

### Ingredients for 4 persons

- 400 g potatoes (peeled)
- 1 tsp. salt
- 200 g cornflour
- 1 tbsp. oil

### Preparation

Wash, peel and coarsely dice the potatoes and cook them in salted water for approx. 20 min. Drain the potatoes and mash or press them through a press and then leave them to cool. Add the cornflour, oil and salt, knead the dough well.

Form thumb-thick rolls from the dough and cut into finger-thick slices. Press grooves into it using a fork.

Add the gnocchi to boiling salted water and 1 tbsp oil. Cook the gnocchi for approx. 5 minutes, then scoop it out with a ladle.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1084	8.6	416	294	568	144
Per serving	271	2.2	104	74	142	36



## POTATO DUMPLINGS "HALF AND HALF"

### Ingredients for 4 persons

- 250 g boiled potatoes (peeled)
- 250 g raw carrots (peeled)
- 1 tsp. salt
- 200 g cornflour

### Preparation

Cut and coarsely dice the potatoes and boil them in salted water for approx. 20 min. Drain the potatoes and mash or press them through a press and then leave them to cool.

Coarsely grate the raw potatoes. Add the cornflour, nutmeg and salt, knead the dough well.

Form 12 dumplings each weighing 60 g and place them in boiling salted water with 1 tbsp oil.

Cook the dumplings for approx. 35 minutes until they rise to the top, then remove them with a ladle.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1067	10.6	509	359	695	177
Per serving	267	2.7	127	90	174	44



## INDIAN POTATO PATTIES

### Ingredients for 4 persons

- 500 g peeled potatoes
- 10 g raisins
- 10 g ginger
- 1 tbsp. lemon juice
- 1 clove of garlic
- 1 tbsp coconut flakes
- 2 tbsp coriander, chopped
- 2 tbsp cornflour
- 1 tsp. cumin (ground)
- ½ tsp. turmeric powder,
- ½ tsp. chilli (dried)
- 1 tsp. garam masala (Indian spice mix)
- Salt
- 4 tbsp rapeseed oil for frying

### Preparation

Wash the vegetables and herbs. Peel the garlic, ginger and potatoes. Chop the coriander, chilli, ginger and raisins. Press the garlic through a press. Cook the potatoes in salted water until they are soft, then drain them and allow them to steam. Mash the potatoes and leave them to cool.

Mix potatoes with lemon juice, raisins, coconut flakes, coriander and cornflour, and season with spices. Divide the dough into 12 portions and shape them into flat patties. In a frying pan, fry the patties on both sides in the rapeseed oil until they are golden brown.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	937	11.4	536	365	738	185
Per serving	234	2.9	134	91	184	46



## SCHUPFNUDELN (German gnocchi)

### Ingredients for 4 persons

- 500 g potatoes (peeled)
- 200 g cornflour
- 1 tsp. salt
- Nutmeg, pepper
- 3 tbsp. rapeseed oil
- 80 g onions
- 3 tbsp. herb mix (frozen)
- Salt, paprika powder

### Preparation

Wash, peel and coarsely dice the potatoes and cook them in salted water for approx. 20 min. Drain the potatoes and mash or press them through a press and then leave them to cool. Add cornflour, nutmeg, pepper and salt. Knead the dough well, shape it into thumb-thick rolls and then cut the rolls into 1 cm thick slices. Shape the slices into finger-thick rolls.

Cook the Schupfnudeln in portions in salted water for approx. 25 min. until they rise to the top, then remove them with a ladle. Drain well and leave them to cool. Slice the onions into thin strips. Heat the rapeseed oil in the pan. Fry the Schupfnudeln and onions in portions until they are golden brown, season with herbs, paprika powder and salt.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1365	12.0	562	410	761	191
Per serving	341	3.0	141	103	190	48



## SCHLEIZER BAMSER (sweet fried potatoes)

### Ingredients for 4 persons

- 200 g potatoes (peeled and boiled)
- 1 tbsp. sugar
- 200 g apples, peeled
- 1 pinch of salt
- 200 g cornflour
- 3 tbsp. rapeseed oil
- 2 tbsp. butter
- 1 tsp. cinnamon
- 2 tbsp. sugar

### Preparation

Wash, peel and coarsely dice the potatoes and cook them in salted water for approx. 20 min. Drain the potatoes and mash or press them through a press and then leave them to cool. Peel, core and roughly grate the apples. Mix potatoes, apples, 1 tbsp sugar and cornflour. Knead the dough well. Form noodles from the potato mixture that are about 5 cm long.

Heat the rapeseed oil in the pan and fry the potatoes in it until they are golden brown. Melt the butter, drizzle over the potatoes and briefly bake them in a hot oven.

Add 2 tablespoons of sugar to the cinnamon and mix. Sprinkle over the bamers.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1510	5.6	258	182	354	89
Per serving	378	1.4	65	46	89	22



## ONION-POTATO STICKS

### Ingredients for 12 pieces

- 250 g potatoes (mealy)
- 140 g cornflour
- 1 tbsp baking powder
- 4 tbsp. rapeseed oil
- 80 g onion
- 1 tsp. salt

### Preparation

Peel and coarsely dice the potatoes and then cook them in salted water for approx. 20 min. Drain the potatoes and press them through the potato press. Allow them to cool down. Peel the onion, dice finely and fry in oil. Allow them to cool down.

Mix all the ingredients together and work into a dough. Divide into 12 equal pieces and form approx. 10 cm long rolls. Coat with water.

Bake the potato sticks at 180 °C in a fan oven for about 20 minutes. Serve with dip.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1056	6.4	295	224	389	102
Per serving	264	1.6	74	56	97	9



## POTATO SALAD

### Ingredients for 4 persons

- 400 g potato
- 40 g red onions
- 200 g tomatoes
- 200 g yellow peppers
- 1 clove of garlic
- 1 tbsp. flat-leaf parsley (chopped)
- 1 tbsp mint (chopped)
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- Salt, pepper, 1 pinch of sugar

### Preparation

Peel the potato and boil in salted water until cooked. Allow them to cool down. Peel the onion and garlic. Dice the peppers, tomatoes, onion and potatoes. Finely chop the garlic.

Make a dressing from the lemon juice, garlic, salt, pepper and oil and pour it over the salad.

Mix well and leave it to stand for 30 minutes before serving.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	562	12.8	578	375	761	189
Per serving	141	3.2	145	93	190	47



## SPANISH POTATO TORTILLA

### Ingredients for 1 person

- 1 small potato (150 g)
- 40 g of onion
- Olive oil
- Salt
- 40 g of cornstarch
- 100 ml of aquafaba (which is the liquid found in cans of cooked legumes, most commonly chickpeas), 0.7 g protein

### Preparation

Finely dice the onion and cut the potato into slices which are 1-2 mm thick.

Fry the potatoes and onion in a pan with plenty of oil (they should be immersed in the oil). Once fried, take them out, salt to taste and let them drain in a strainer and set to one side.

Mix the aquafaba and cornstarch in a bowl (it should be a texture similar to beaten egg – keep in mind that with different brands of starch or aquafaba the quantities may vary slightly)

Add the potato and onion to the aquafaba and starch mixture.

Put a little oil in a non-stick pan and cook the tortilla on both sides.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Per serving	415	4.5	257	184	58.77	95.97



## SPANISH-STYLE POTATOES

### Ingredients for 8 persons

- 1000 g of potatoes
- 200 g of onion
- 2-3 sprigs of fresh parsley
- 1 pinch of saffron
- 1 clove of garlic
- 40 ml olive oil
- More olive oil to fry the potatoes
- 20 g egg-protein substitute
- 80 ml of low-protein milk substitute
- 100 g of cornstarch
- 200 ml of vegetable broth

### Preparation

Cut the potatoes into 8 mm approx. slices, sprinkle with salt and steam. Then coat in cornstarch, egg substitute and fry submerged in plenty of olive oil. Drain on kitchen paper, set to one side.

Put the 2 cm chopped pieces of onion into a pan along with the chopped parsley, the chopped garlic, the saffron and 40 ml of oil, sauté. Add 20 g of cornstarch and sauté. Add 200 ml of vegetable broth and potatoes, let everything cook together until the sauce thickens (5-10 min).

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1827	21	1105	797	267	420
Per serving	228	2.6	138	100	33	53



## SPANISH SPICY POTATOES

### Ingredients for 2 persons

#### For the potatoes:

- 300 g of potatoes
- Olive oil for frying.

#### For the sauce:

- 20 ml of olive oil
- 1 tablespoon of paprika
- 1 pinch of dried chilli
- A pinch of tabasco (tip of a teaspoon)
- 1 teaspoon of wine vinegar
- ¼ of a teaspoon of salt
- 100 g of tomato paste

### Preparation

Cut the potatoes into medium pieces (which can be eaten in one bite). Fry in plenty of oil. When fried add the sauce on top.

For the sauce: heat the oil, add the paprika, chilli, tabasco, vinegar and salt, cook for 1-2 minutes and then add the tomato paste and let it cook for another 1-2 minutes.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	611	6.84	334	246	79	123
Per serving	305	3.42	167	132	40	62





## POTATOES IN ALI-OLI SAUCE

### Ingredients for 2 persons

#### For the potatoes:

- 300 g of potatoes
- Salt

#### For the sauce:

- 120 g of mayonnaise
- 1 clove of garlic
- Chopped fresh parsley

### Preparation

Cut the potatoes into medium pieces (which can be eaten in one bite). Cook in salted water. Let cool and set to one side.

For the sauce: crush the garlic clove with a mortar. Chop the fresh parsley as finely as possible. Mix the mayonnaise with the chopped garlic and parsley.

Once the sauce is made, mix with the potatoes.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	709	6.1	300	220	74	106
Per serving	355	3.05	150	110	37	53

# RICE



## STUFFED VINE LEAVES

### Ingredients for 16 stuffed vine leaves\*

- 60 vine leaves
- 50 g rice (raw)
- 100 g spring onions
- 70 g yellow pepper
- 1 tbsp currants
- 2 tbsp. tomato paste
- 2 tbsp chopped flat-leaf parsley
- 1 tbsp chopped mint
- 2 cloves of garlic
- ½ tsp. cumin
- Salt, pepper
- 2 tbsp. olive oil
- 2 slices of lemon

### Preparation

Separate the vine leaves and remove the stems. Soak in water for approx. 30 minutes, then drain. Finely dice the spring onions and peppers; mix with the rice, currants, parsley and mint. Season with salt, pepper, cumin. When you are ready to stuff the leaf, place them on the worktop with the top side facing downwards. Place a teaspoon of rice mixture on each vine leaf at the stem base, fold the leaves left and right and roll in towards the tip. Place the stuffed vine leaves in a wide saucepan and add lemon slices, salt and oil. Pour enough water to just cover the vine leaves, then weigh them down with a plate so that they cannot unroll again. Put the lid on and simmer over medium heat for approx. 45 min. **Tip:** Use low protein rice instead of normal rice.

### Nutritional values

	Kcal	Prot.(g)	Phe.(mg)	Tyr.(mg)	Leu.(mg)	Met.(mg)
Total	469	8.6	391	268	607	145
Per portion	29	0.5	24	17	38	9

\*Reference vegetable for the Phe value of vine leaves is spinach



## STUFFED TOMATOES

### Ingredients for 4 persons

- 4 large tomatoes (approx. 400 g)
- 50 g onions
- 1 tbsp. olive oil
- 40 g rice (uncooked)
- 70 ml vegetable stock
- 1 tbsp currants
- 1 tbsp flat-leaf parsley
- Salt, pepper
- 250 ml vegetable stock

### Preparation

Wash the tomatoes, cut the top off each tomato, creating a "lid" and keep it. Use a spoon to hollow out the tomatoes then dice the pulp. Peel and finely chop the onions.

Heat the oil in a saucepan, add the onion and sauté. Add the rice, currants, vegetable stock, diced tomatoes and bring to a boil.

Simmer for 10 min. at low temperature. Season with salt, pepper and parsley.

Fill the rice mixture into the hollowed-out tomatoes and place them in a casserole dish. Place the tomato lids on top. Pour in 250 ml of vegetable stock. Cover the dish with aluminium foil. Bake the stuffed tomatoes in the oven for approx. 50 min. in a hot oven at 180 °C, and remove the foil after approx. 30 min.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	345	7.9	306	190	447	110
Per serving	86	2.0	77	48	112	28



## VEGETABLE RICE

### Ingredients for 4 persons

- 200 g basmati rice (uncooked, this is equivalent to 450 g cooked basmati rice)
- 150 g carrots
- 150 g green peppers
- 100 g tinned pineapple (drained weight)
- 2 tbsp. soy sauce
- 3 cloves of garlic
- 40 g onion
- 4 tbsp. rapeseed oil
- 3 tsp. Sweet Chilli Sauce for Chicken
- Salt, pepper, paprika powder

### Preparation

Cook the basmati rice according to the instructions. Wash vegetables. Peel the onion, garlic and carrots. Remove the seeds from the peppers. Finely dice the onion, garlic and coarsely dice the vegetables and pineapple. Heat the oil in a pan and fry the onions and garlic until they turn golden brown. Add the basmati rice over medium heat and fry for 3 min. Season with soy sauce, sweet chilli sauce, salt, pepper and paprika powder. Add the vegetables, sauté for approx. 5 min. and season again before serving.

**Tip:** Cook the basmati rice on the previous day.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1250	21.3	1006	674	1617	411
Per serving	313	5.3	252	169	404	103



# PAELLA

## Ingredients for 4 persons

- 200 g of low-protein rice
- 80 g fresh clean artichokes
- 70 g of green beans
- 100 g of onion
- 100 g of peeled courgette
- 70 g of green and red pepper
- 100 g of chopped tomatoes
- Pinch of saffron strands
- 450 ml of vegetable broth
- Olive oil
- Salt

## Preparation

Cover the bottom of a casserole dish with oil. Add the vegetables and chopped tomatoes, salt to taste and sauté.

When the vegetables are soft, add the rice, mix well with the vegetables and add the saffron and vegetable broth.

Let the mixture cook over a medium heat until the water evaporates.

## Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1080	9.8	390	252	111	114
Per serving	270	2.45	97	63	28	28

# PASTA



## SWABIAN RAVIOLI WITH SPINACH

### Ingredients for 4 persons

- 160 ml water
- 20 g cornflour
- 260 g low protein flour
- 1 tbsp. rapeseed oil
- 1 tsp. salt
- 100 g spinach (chopped, frozen)
- 30 g sour cream
- Salt, nutmeg, pepper
- 30 g onions
- 1 tbsp. rapeseed oil

### Preparation

Mix the cornflour, flour, oil, water and salt with an electric mixer until smooth. Then knead the dough well. Peel and dice the onion, and fry in hot oil. Add the spinach and sour cream. Season with salt, pepper and nutmeg.

Divide the dough into 12 pieces, roll each piece out thinly with a pasta machine or on a floured work surface. Place about 1 tsp. of filling in the centre of the dough. Brush the edges of the dough with water and fold the rest of the dough over it, pressing it down well.

Cook the ravioli in salted water for approx. 10 min.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1179	4.9	220	172	386	76
Per serving	295	1.2	55	43	97	19



## QUICK MINI PIZZA

### Ingredients for 4 persons

- 250 g low protein flour
- 2 tbsp. baking powder
- 1 tsp. salt
- 40 g rapeseed oil
- 150 ml mineral water (carbonated)
- 100 g strained tomatoes
- 1 clove of garlic
- Salt, pepper, oregano, paprika powder
- 50 g onions
- 100 g courgettes
- 100 g yellow peppers
- 50 g black olives
- 100 g sour cream

### Preparation

Prepare a dough from the flour, baking powder, salt, oil and water and knead well. Divide the dough into 4 pieces and roll out onto a baking tray lined with baking paper.

Wash vegetables. Peel the onion and garlic. Finely chop the garlic. Finely dice the courgettes, peppers, onion and olives. Season the strained tomatoes with garlic and spices. Spread the tomatoes on the pizza first, then the vegetables and finally the sour cream. Bake the pizzas at 180 °C in a fan oven for about 30 minutes.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1649	8.9	373	298	640	131
Per serving	412	2.2	93	74	160	33



## HOMEMADE NOODLES

### Ingredients for 4 persons

- 160 ml water
- 20 g cornflour
- 260 g low protein flour
- 1 tsp. salt
- 1 tbsp. rapeseed oil

### Preparation

Mix the cornflour, flour, oil, water and salt with an electric mixer until smooth. Then knead the dough well. Put the dough through a pasta machine and form noodles as desired.

Cook fresh noodles in salted water for approx. 5 min.

**Tip:** Use carrot or beetroot juice for coloured noodles.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1065	0.9	40	27	74	3
Per serving	266	0.2	10	7	18	0



## BLINI (Russian pancakes)

### Ingredients for 4 pieces

- 25 g wholemeal buckwheat flour
- 80 g low protein flour
- 1 tsp. baking powder
- 1 tbsp. rapeseed oil
- 50 ml cream
- 100 ml mineral water (carbonated)
- 3 tbsp. sugar
- Pinch of salt
- 30 g sour cream
- 4 tbsp cranberries in a jar

### Preparation

Mix the flour, buckwheat flour, sugar, salt, baking powder, oil and mineral water with an electric mixer until smooth. Leave the batter to settle for approx. 10 minutes.

Meanwhile, preheat a non-stick frying pan. Pour the batter into the pan in portions and fry without fat until it is golden brown on each side. Serve with sour cream and cranberries.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	925	5.1	234	158	424	113
Per serving	231	1.3	59	40	106	28



## DELICIOUS ASPARAGUS WRAPS

### Ingredients for 4 persons

- 25 g chestnut flour
- 80 g low protein flour
- 1 tbsp. rapeseed oil
- 250 ml mineral water (carbonated)
- ½ tsp. salt
- 1 clove of garlic
- 230 g asparagus, green (peel only the tip, approx. 2 cm)
- 1 tbsp. rapeseed oil
- 30 g Mayonnaise
- Salt, pepper

### Preparation

Mix the flour, chestnut flour, salt and mineral water with an electric mixer until smooth. Cut the asparagus into bite-sized pieces and halve. Finely chop the garlic and fry in oil until golden brown. Add the asparagus, sauté for approx. 5 min. and season with salt and pepper.

Meanwhile, preheat a non-stick frying pan. Pour the batter into the pan in portions and fry without fat until it is golden brown on each side. Spread the resulting wraps with mayonnaise, top with asparagus and wrap.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	862	7.4	256	230	363	95
Per serving	216	1.9	64	58	91	24



## TARTE FLAMBÉE

### Ingredients for 4 persons

- 200 g low protein flour
- 50 g chestnut flour
- 2 tbsp. baking powder
- 1 tsp. salt
- 40 g rapeseed oil
- 150 ml mineral water (carbonated)
- 80 g sour cream
- 1 clove of garlic
- 150 g potato
- 150 g onions

### Preparation

Mix the flour, chestnut flour, baking powder, salt, oil and water into a dough and knead well. Divide the dough into 4 pieces and roll out on a baking tray lined with baking paper.

Wash and peel the garlic, onions and potatoes. Chop the garlic into small pieces. Cut the onions and potatoes into 2 mm thin slices. Season the sour cream with salt, garlic and pepper.

Roll out the dough until it is thin. First spread the sour cream mixture on top, then the potato slices and the onions. Bake the tarte flambée for approx. 25 minutes in a fan oven at 180 °C.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1705	11.4	476	474	705	173
Per serving	426	2.9	119	119	176	43



## MACARONI WITH VEGETARIAN CHORIZO

### Ingredients for 1 person

- 70 g of low-protein macaroni
- 100 g of tomato sauce
- 20 g of calabizo (pumpkin-based vegan sausage) 8,2 g protein/100 g
- Olive oil
- Salt

### Preparation

Cook the macaroni in salted water. Drain and set to one side.

In a frying pan sauté onion with a splash of olive oil, then add the diced calabizo and tomato sauce, let it cook and then add the macaroni.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Per serving	410	2.8	60	42	10	20



# VEGETABLES AND SALAD



## OKRA WITH TOMATO SAUCE

### Ingredients for 4 persons

- 400 g okra (fresh)
- 3 tbsp. olive oil
- 80 g onion
- 2 cloves of garlic
- 400 g diced tomatoes (tinned)
- 1 tbsp. sugar
- 1 tbsp. lemon juice
- 3 tbsp coriander (chopped)
- Salt

### Preparation

Wash vegetables. Peel and chop the onion and garlic. Remove the stalks from the okra. Heat the oil in the pan and fry the onion and garlic until they turn golden brown. Add the okra and fry for 5 minutes. Add the tomatoes, sugar, salt and lemon juice and simmer for 5 minutes. Sprinkle with coriander. Serve with rice or low-protein rice.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	464	12.6	549	629	870	172
Per serving	116	3.2	137	157	218	43



## CINNAMON-SPICED AUBERGINE

### Ingredients for 4 persons

- 400 g aubergines
- 80 g onions
- 4 tbsp. olive oil
- garlic cloves
- 200 g diced tomatoes (tinned)
- 60 ml vegetable stock
- ½ tsp. cinnamon
- Oregano, salt, pepper, 1 pinch of sugar
- 2 tbsp. flat-leaf parsley (chopped)

### Preparation

Wash the aubergines, remove the stalks and cut into bite-sized cubes. Peel and dice the onions and garlic and fry in the olive oil until they turn golden brown. Add the aubergines and fry for 5 min. Stir in the tomatoes.

Add the stock and spices and simmer for 15 minutes. Sprinkle with parsley.

Serve with potatoes or low-protein noodles.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	477	7.9	320	251	458	63
Per serving	119	2.0	80	63	115	16



## ASIAN VEGETABLE STIR FRY

### Ingredients for 4 persons

- 150 g green asparagus (peel only the tip)
- 100 g mushrooms
- 200 g carrots
- 150 g peppers
- 2 cloves of garlic
- 80 g onion
- 3 tbsp. rapeseed oil
- 1 tbsp. soy sauce
- 2 tbsp. sweet chilli sauce
- Salt, pepper
- 2 tbsp. coriander (chopped)

### Preparation

Wash vegetables. Cut the asparagus into bite-sized pieces and halve. Slice the mushrooms. Peel the carrots. Remove the seeds from the peppers. Cut the carrots and peppers into bite-sized strips.

Peel and chop the garlic and onion and fry in oil until they turn golden brown. Add the mushrooms, asparagus, carrots and peppers and fry for approx. 7 min. Season with soy sauce, chilli sauce, salt and pepper. Sprinkle with coriander. Serve with rice or low-protein rice.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	478	13.3	429	302	590	137
Per serving	120	3.3	107	76	148	34



## VEGETABLE CURRY

### Ingredients for 4 persons

- 200 g red peppers
- 100 g broccoli florets
- 100 g green beans (frozen)
- 200 g carrots
- 100 g onions
- 2 cloves of garlic
- 15 g ginger
- 2 tbsp. rapeseed oil
- 100 ml vegetable stock
- 200 ml coconut milk
- ½ tsp. turmeric powder
- 1 tbsp ground coriander
- 1 tsp. paprika powder or chilli powder
- Salt

### Preparation

Wash vegetables. Peel the onions, carrots, ginger and garlic. Cut the peppers, carrots and onions into bite-sized strips. Finely chop the garlic and ginger. Heat the oil in a saucepan, add the onions, garlic and ginger and sauté.

Add the beans and carrots and sauté briefly for 5 minutes. Add the peppers, broccoli florets, turmeric, coriander, chilli and salt, pour in the stock and cook for approx. 10 min. Finish with coconut milk. Serve with rice or low-protein rice.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	410	12.6	461	327	669	166
Per serving	103	3.2	115	82	167	42



## CAPONATA

### Ingredients for 4 persons

- 300 g aubergines
- 300 g celery
- 100 g onions
- 2 cloves of garlic
- 1 tbsp capers
- 2 tbsp. vinegar
- 400 g diced tomatoes (tinned)
- 3 tbsp. olive oil
- Salt, pepper, 1 pinch of sugar
- 2 tbsp basil

### Preparation

Wash vegetables. Peel and chop the onions and garlic. Dice the aubergine into bite-sized pieces. Finely slice the celery.

Fry the onions and garlic in hot olive oil. Add the aubergine and fry for approx. 5 min. Add the celery and fry briefly. Mix in the herbs, tomatoes and capers.

Cover the vegetables and cook for 10 minutes. Mix in vinegar and sugar, season with salt and pepper. Serve with potatoes or low-protein noodles.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	450	11.7	515	329	776	118
Per serving	113	2.9	129	82	194	30



## CREAMED VEGETABLES

### Ingredients for 4 persons

- 200 g cauliflower florets
- 200 g kohlrabi
- 200 g carrots
- 2 tbsp. rapeseed oil
- 80 g onions
- 15 g low protein flour
- 50 ml cream
- 200 ml vegetable cooking water
- Salt, pepper, nutmeg, 1 pinch of sugar

### Preparation

Wash vegetables. Divide the cauliflower into florets. Peel the onions, carrots and kohlrabi. Cut the carrots and kohlrabi into bite-sized strips. Cook the carrots, kohlrabi, cauliflower in 200 ml water for 5 minutes until soft. Drain the vegetables, collecting the vegetable cooking water. Finely dice the onion.

Heat the oil in a saucepan, add the onions and fry. Add the flour and sweat. Add the roux, vegetable cooking water and cream, stirring constantly.

Add the spices and cook the sauce over a low heat for about 10 minutes, stirring repeatedly. Add the vegetables and cook briefly. Serve with low-protein noodles or potatoes.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	568	12.6	392	270	725	184
Per serving	142	3.2	98	68	181	46



## SALAD WITH GRILLED VEGETABLES

### Ingredients for 4 persons

- 400 g aubergines
- 400 g courgettes
- 400 g peppers (yellow and red)
- 3 cloves of garlic
- 4 tbsp balsamic vinegar
- 4 tbsp. olive oil
- 3 tsp. brown sugar
- 2 tbsp. flat-leaf parsley (chopped)
- Salt

### Preparation

Wash vegetables. Cut the aubergines and courgettes lengthways into 5 mm thick slices. Cut the peppers in half and remove the seeds. Peel and chop the garlic and fry in 1 tbsp oil until it turns golden brown and leave to cool. Preheat the oven (fan oven with grill).

Place the aubergine and courgette on a tray with baking paper in the oven at 200 °C for 5 min. per side until they turn brown. Bake the peppers skin side up in the oven until the skin blisters. Let the peppers cool down and remove the skin. Cut the vegetables into bite-sized strips.

Mix vinegar, sugar and oil. Season with salt, garlic and parsley. Marinate the vegetables with the vinegar-oil dressing and leave to marinate for at least 2 hours. Serve with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	655	18.1	796	581	1193	215
Per serving	164	4.5	199	145	298	54



## MIXED SALAD

### Ingredients for 4 persons

- 150 g tomatoes
- 150 g cucumber
- 150 g carrots
- 150 g yellow peppers
- 3 tbsp. olive oil
- 3 tbsp. vinegar
- Salt, pepper, paprika powder, 1 pinch of sugar
- 1 tbsp dill (chopped)

### Preparation

Wash vegetables. Cut the tomatoes into eighths and slice the cucumbers. Halve the peppers, remove the seeds and cut into strips. Peel and grate the carrots.

Place vegetables in a bowl.

Mix the olive oil, vinegar, salt, paprika powder, sugar and pepper to make a dressing and pour it over the salad. Mix everything well and sprinkle with dill.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	389	5.4	199	113	269	56
Per serving	97	1.4	50	28	67	14



## MEDITERRANEAN VEGETABLE CASSEROLE

### Ingredients for 4 persons

- 120 g potatoes
- 160 g tomatoes
- 60 g courgettes
- 200 g aubergines

### Sauce (can be prepared the day before)

- 80 g onion
- 2 cloves of garlic
- 160 g raw pointed peppers
- 160 g carrots
- 1 can of strained tomatoes (400g)
- 2 tbsp olive oil
- 2 tbsp chopped parsley
- 1.5 tsp salt
- 2 tsp paprika powder
- Pepper, 1 pinch of sugar

### Preparation

Heat the oven to 170 degrees top/bottom heat. Peel potatoes. Cut the potatoes, tomatoes, courgettes and aubergines into 2 cm thick slices. Layer the vegetable slices alternately in a large casserole dish. Peel and coarsely dice the onions, garlic and carrots. Halve the peppers, remove the core and then coarsely dice them. Heat the oil in a pot and sauté the onions and garlic until they turn golden brown. Briefly sauté the carrots and peppers, add the strained tomatoes, season and cook for 20 minutes until soft. Then puree the sauce and spread over the vegetables in the casserole dish. Cover the casserole dish with aluminium foil and cook in the oven for about 30 minutes. Remove the foil and cook for another 15 minutes. Can also be served with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	579	20.2	705	491	1046	204
Per serving	145	5,0	176	123	262	51



## JACKFRUIT "GOULASH"

### Ingredients for 4 persons

- 2 cloves of garlic
- 80 g onion
- 240 g potatoes
- 200 g pointed peppers (core removed)
- 160 g tomatoes
- 2 tbsp rapeseed oil
- 200 g natural jackfruit (vacuum packed)
- 1 tbsp tomato paste
- 2 tsp salt
- 2 tsp goulash seasoning
- 1 tsp smoked Hungarian paprika powder
- Pepper, pinch of sugar
- 500 ml water

### Preparation

Rinse vegetables. Peel the garlic, onions and potatoes and cut into small cubes. Cut the peppers and tomatoes into small cubes. Heat the oil in a pot, add the garlic and onions and sauté until they turn golden brown. Add the jackfruit, sauté briefly and season. Add the tomato paste, potatoes, tomatoes and pointed peppers. Add water and cook for about 30 minutes until the potatoes are soft. Serve with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	591	14.5	570	418	734	210
Per serving	148	3.6	143	105	184	53



## VEGETABLE BURGER

### Ingredients for 4 persons

- 150 g carrots
- 120 g peeled potatoes
- 80 g red onion
- 2 cloves of garlic
- 250 g aubergine
- 100 g brown mushrooms
- 1 tbsp rapeseed oil
- 80 g red pointed peppers
- 1 tbsp tomato paste
- 1 tsp salt
- 1 tsp goulash seasoning
- ½ tsp smoked paprika powder
- 1 tsp oregano
- Pepper
- 30 g rice flakes
- 20 g starch
- 4 tbsp rapeseed oil for sautéing

### Preparation

Rinse and peel the carrots and potatoes, cut into quarters and boil for about 20 minutes until soft. Press through a potato press or mash and leave to cool. Chop the onion and garlic. Coarsely grate the aubergine and the mushrooms. Squeeze out the liquid in the aubergine and mushrooms firmly by hand. Remove the core from the peppers and then dice the peppers finely. Heat 1 tbsp oil in the pan and sauté the onions and garlic until they turn golden brown. Add the aubergine and mushrooms and sauté for about 5 minutes. Finally, add the tomato paste, diced peppers and season. Mix the vegetables, carrots, potato mixture, rice flakes and starch. Moisten hands with water, divide dough into 8 portions and shape into burgers. Fry the veggie burgers in a pan on both sides until they are golden brown in the rapeseed oil.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	910	15.4	585	444	845	164
Per serving	228	3.9	146	111	211	41



## COUSCOUS VEGETABLE PAN

### Ingredients for 4 persons

- 160 g carrots
- 300 g yellow pepper
- 250 g courgettes
- 4 cloves of garlic
- 2 tbsp olive oil
- 30 g tomato paste
- 100 g raw couscous
- 2 tsp dried mint
- 200 ml vegetable broth (= 10 g grained broth + 190 ml water)
- 40 g red onion
- 4 tbsp chopped flat-leaf parsley
- 1/2 tsp salt

### Preparation

Peel the carrots, onion and garlic. Cut the carrots, peppers and courgettes into approx. 1 cm cubes. Halve the onion and cut it into thin slices. Finely chop the garlic.

Heat the oil in a pan. Sauté the garlic until it turns golden brown. Sauté the carrots, peppers and courgettes for about 5 minutes. Season with tomato paste, mint and salt. Add the couscous and vegetable stock and bring to the boil for about 2 minutes. Finally, garnish with red onion and flat-leaf parsley.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	843	25.8	1130	742	1647	362
Per serving	212	6.4	283	186	412	91



## NOODLE SALAD

### Ingredients for 4 persons

- 300 g raw low-protein pasta removed)
- 200 g pepper, red (core removed)
- 200 g cucumbers (seeded)
- 50 g gherkins
- 200 g almond yoghurt (0.5 g EW/100 g)
- 100 g mayonnaise
- 1 tsp mustard
- 3 tbsp lemon juice
- 1 tsp salt
- Pepper, 1 pinch of sugar

### Sauce

### Preparation

Cook low-protein pasta in salted water. Drain and leave to cool. Rinse the vegetables, cut them in half and remove the cores. Finely dice the peppers, cucumbers and gherkins.

Stir almond yoghurt with mayonnaise, mustard and lemon juice until it is smooth and then season.

Mix the pasta, vegetables and dressing together. Let the pasta salad stand for at least 6 hours.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1808	7.9	326	243	574	111
Per serving	452	2.0	82	61	144	28



## VEGETABLE TORTILLA

### Ingredients for 4 persons

- 1 onion (150 g)
- ½ a red bell pepper (70 g)
- ½ a green bell pepper (70 g)
- ½ a yellow bell pepper (70 g)
- 180 g of courgette
- Olive oil
- Salt
- 40 g of egg replacement/egg substitute (0,2 g protein/100 g)
- 160 ml of low protein milk substitute

### Preparation

Cut all the vegetables into 2 cm squares, add to a pan with the base covered with olive oil. When the vegetables are soft, drain and salt to taste and put to one side.

Prepare with egg substitute and low-protein milk which is the equivalent of 4 eggs.

Add the vegetables to the ready-made egg substitute.

Add a dash of oil in a non-stick pan and cook the tortilla on both sides.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	541	6.2	292	182.4	70.1	142.6
Per serving	104	1.55	73	45.6	17.5	35.6



## RUSSIAN SALAD

### Ingredients for 8 persons

- 600 g of potatoes
- 150 g of carrots
- 80 g of sweetcorn
- 100 g of avocado
- 100 g of olives
- Salt
- 120 g Mayonnaise

### Preparation

Cook the potatoes and carrots. Once cooked, cut into cubes of about 2 cm. Also chop the avocado. Put the potato, carrot and avocado cut into a bowl, salt to taste. Add the sweetcorn, sliced olives and mayonnaise. Mix well.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1369	16.8	803	716	194	259
Per serving	171	2.1	100	90	24	32





## COUNTRY SALAD

### Ingredients for 6 persons

- 400 g of potatoes
- 200 g of red pepper
- 200 g of green pepper
- 250 g of onion
- 80 g of green olives
- 80 g of black olives
- 300 g of tomato
- Salt
- 30 ml of olive oil
- 10 ml of vinegar

### Preparation

Cook the potatoes. Once cooked, cut into 3-4 cm thick pieces. Also cut the pepper, onion and tomato into similar size pieces.

Mix all the cut vegetables with the olives, season with olive oil, vinegar and salt.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1090	17.9	821	566	197	351
Per serving	182	3	136	94	33	59



## GREEN BEANS WITH VEGETARIAN HAM

### Ingredients for 4 persons

- 300 g of green beans
- 20 g of ham lard (only the white fatty part)
- 30 ml of olive oil
- paprika powder
- 1 clove of garlic

### Preparation

Cook the green beans in water with a pinch of salt. Put to one side.

In a casserole dish add 30 ml of olive oil, when it is hot, add the chopped garlic, let it brown a little before adding 1 teaspoon of paprika. Add the green beans.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	563	5.6	342	205	67	127
Per serving	140	1.4	85	51	17	32



## VEGETABLE STEW

### Ingredients for 4 persons

- 200 g of onion
- 200 g of peeled courgette
- 1 teaspoon of salt
- 80 g of red pepper
- 20 ml of olive oil
- 80 g of green pepper
- 300 g of chopped tomatoes

### Preparation

Chop the onion, red and green pepper and courgette into pieces of 3 cm approx. Sauté in olive oil for 10 minutes. Add the chopped tomatoes and continue until the vegetables are soft.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	360	6.7	311	200	76	156
Per serving	90	1.7	77	50	19	39



## SPANISH VEGETARIAN EMPANADAS

### Ingredients for 6 persons

- 150 g of onion
- 50 g of red pepper
- 50 g of green pepper
- 200 g of courgettes
- 20 ml olive oil
- 300 g of chopped tomatoes
- 1 teaspoon of salt
- 1 pack of wafers for low-protein empanadas (12 empanadas) 0,6 g protein/100 g
- 60 ml low-protein milk substitute

### Preparation

Chop the onion, red and green pepper and courgette into pieces of 3 cm approx. Sauté in olive oil for 10 minutes. Add the chopped tomatoes and continue to cook until the vegetables are soft.

Fill the empanada dough with the vegetable mix.

Arrange the empanadas on a baking sheet, use a brush to wash with a low-protein milk substitute and then bake for approx. 30 minutes.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1,300	11.7	248	155	60.5	124
Per serving	216	1.95	41	26	10	20



# VEGETABLE CROQUETTES

## Ingredients for 5 persons

### Mix of vegetables and mushrooms

- 150 g of onion
- 60 g of leek
- 120 g of mushrooms
- 100 g of peeled courgette
- Salt and pepper

### Batter

- 30 g of gluten-free or low-protein breadcrumbs
- 20 g of egg substitute (0,2 g protein/100 g)
- 80 ml of milk substitute

### Bechamel

- 80 g of cornstarch
- 700 ml of low-protein milk substitute or vegetable drink (vegetable broth could be used instead)
- 30 g margarine
- Salt

## Preparation

Sauté the onion and leek and season well. When it is golden add the mushrooms and continue sautéing at a low temperature.

Bechamel: put the margarine in a pan, once melted, add the flour and let it brown whilst stirring. When browned, slowly add the milk substitute without stopping stirring so that there are no lumps. Stir until thickened. Salt to taste.

Mix the béchamel with the mixture of vegetables and sautéed mushrooms and leave for about 10 minutes over a low heat and stir from time to time.

Once the dough is cold, shape the croquettes and coat them with breadcrumbs.

Finally, fry in plenty of very hot oil.

## Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1309	8	374	236	86	187
Per serving	261	1.6	75	47	17	37



# JACKFRUIT MEATBALLS IN A SAUCE

## Ingredients for 3 persons

### For the jackfruit meatballs:

- 1 tin of jackfruit (300 g drained)
- 1 clove of garlic
- 20 g low-protein bread-crumbs
- ½ an onion (70 g)
- Paprika, cumin powder, olive oil and salt

### For the sauce:

- ½ an onion
- Salt
- 15 g cornstarch
- Olive oil
- 250 ml vegetable broth

## Preparation

Open the can of jackfruit and drain the liquid, strain and rinse under the tap water for a few seconds. Let drain and dry with kitchen paper.

Put the jackfruit in a deep dish, tease into small pieces using a fork (finely chop the base of the jackfruit which does not fall apart with a knife). Add ½ a teaspoon of salt, 2 teaspoons of paprika and 1 teaspoon of cumin, mix well.

Then finely chop the garlic and onion and brown in a pan with olive oil. Once ready, add the jackfruit and let it brown. Finally add 2 tablespoons of low-protein breadcrumbs and shape the meatballs.

### Sauce

Brown the previously cut 1 cm pieces of onion in the pan ensuring the base is covered with oil. When golden, add 250 ml of vegetable broth and a tablespoon of cornstarch, cook stirring until the sauce thickens (if necessary, you can add more cornstarch). When the sauce is ready, add to the jackfruit meatballs.

## Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	664	7	117	80	34	46
Per serving	221	2.3	39	27	11	15



# FAUX MARINATED CAZÓN FISH

## Ingredients for 3 persons

- 1 tin of banana blossom (260g drained)
- 2 bay leaves
- 200 ml of white vinegar
- 2 cloves of garlic
- 2 tablespoons of sweet paprika
- 200 ml of water
- Salt
- 1 teaspoon of oregano
- 100 g of cornstarch
- Olive oil for frying

## Preparation

Open the tin of banana blossom and drain, rinse under the tap for a few seconds. Place the pieces of banana blossom in a deep bowl and add a little salt and a couple of crushed garlic cloves, 2-3 bay leaves split in two, paprika and a tablespoon of oregano. Cover the slices with ½-1 glass of white vinegar, and add the same amount of water, so that all the banana blossom is completely covered. Cover with aluminium foil or with the lid of a saucepan, and let it rest in the fridge for 24 hours.

After 24 hours, remove from the fridge and drain. Batter in cornstarch and fry in a pan with plenty of oil.

## Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	608	4.4	48	20	9	13
Per serving	203	1.5	16	7	3	4

# SAUCES & DIPS



## PAPRIKA RAITA

### Ingredients for 4 persons

- 60 g sour cream
- 60 g Mayonnaise
- ½ tsp. cumin
- 80 g peppers
- 1 clove of garlic
- Salt

### Preparation

Halve the peppers, remove the seeds and finely dice. Peel and chop the garlic. Mix the sour cream and mayonnaise until smooth. Add the pepper and season with cumin and salt.

Serve with low-protein bread.

**Tip:** Tomatoes or cucumbers can be used instead of peppers.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	480	2.8	132	106	228	58
Per serving	120	0.7	33	27	57	15



## CREAM CHEESE SAUCE

### Ingredients for 4 persons

- 3 tbsp. rapeseed oil
- 80 g onion
- 2 cloves of garlic
- 30 g low protein flour
- 400 ml water
- 100 ml cream
- 40 g cream cheese
- Salt, pepper, nutmeg
- 1 tbsp. lemon juice
- 2 tbsp. herb mix (frozen)

### Preparation

Peel and finely dice the onion and garlic. Heat the oil in a saucepan, add the diced onion and garlic and fry briefly. Add the flour and sweat. Add water and cream to the roux, while stirring continuously. Add the cream cheese and spices and cook the sauce over a low heat for approx. 10 min, while stirring repeatedly. Finally, stir in the lemon juice and herbs. Serve with low-protein noodles or potatoes.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	844	8.5	379	355	776	213
Per serving	211	2.1	95	89	194	53



## TOMATO SAUCE

### Ingredients for 4 persons

- 2 cloves of garlic
- 80 g onions
- 2 tbsp. olive oil
- 20 g dried tomatoes
- 500 g fresh tomatoes
- 1 tbsp. tomato paste
- 1 tsp. sugar
- Salt, pepper, paprika powder
- 1 tbsp. basil

### Preparation

Peel and chop the onions and garlic and sweat them in olive oil. Dice the dried and fresh tomatoes and then add them. Stir in tomato paste, spices and cook the sauce for approx. 10 min, while stirring repeatedly. Sprinkle with basil and serve with low-protein noodles.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	319	6.5	209	127	270	68
Per serving	80	1.6	52	32	67	17



## APPLE AND TAMARIND CHUTNEY

### Ingredients for 4 persons

- 200 g apples, peeled
- 25 g tamarind pulp (Asian shop)
- 10 g ginger
- 1 tbsp. cane sugar
- ½ tsp. dried chilli
- ½ tsp. ground cumin
- ½ tsp. garam masala (Indian spice mix)
- 100 ml water
- 1 tsp. salt, sprinkled

### Preparation

Wash and peel the apples and ginger. Quarter the apples, core them and cut them into thin slices. Finely grate the ginger. Pour 200 ml hot water over the tamarinds and leave to soak for 15 minutes.

Strain the soaked tamarind pulp with the liquid through a fine sieve in a saucepan. Add the ginger and spices and bring to a boil without a lid.

Add the apples and boil for approx. 15 min. uncovered and then leave to cool.

Serve with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	185	0.9	35	20	53	11
Per serving	46	0.2	9	5	13	3



## SAVOURY DIP

### Ingredients for 4 persons

- 100 g Mayonnaise
- 60 g sour cream
- 20 g red onion
- 30 g gherkins
- 1 tbsp. pickled capers
- 1 tbsp. mustard
- 2 tbsp. herb mix (frozen)
- Salt, pepper

### Preparation

Finely dice the onion and gherkins and finely chop the capers.

Mix all ingredients and season with salt and pepper.

Serve with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	680	3.6	165	141	285	72
Per serving	170	0.9	41	35	71	18





## TOMATO AND PINEAPPLE CHUTNEY

### Ingredients for 4 persons

- 120 g tomatoes
- 120 g pineapple (tinned)
- 10 g ginger
- 1 tbsp. cane sugar
- 1 tbsp. vinegar
- 3 tbsp pineapple water
- ½ tsp. green chilli
- ½ tsp. turmeric powder
- ½ tsp. Panch Foren (Indian five spice mix)
- 1 tsp. salt, sprinkled

### Preparation

Wash the tomatoes, ginger and chilli. Quarter the tomatoes. Peel the ginger and grate finely. Finely chop the chilli. Drain the pineapple ( keep the juice) and cut it into thin slices.

Bring vinegar, sugar, pineapple juice, ginger and all spices to a boil for approx. 5 min. without lid. Add the tomatoes and pineapple and cook for approx. 15 min. uncovered and leave to cool.

Serve with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	165	1.8	62	40	73	22
Per serving	41	0.5	16	10	18	6



## TOMATO AND PINEAPPLE CHUTNEY

### Ingredients for 4 persons

- 100 g wild garlic
- 1 clove of garlic
- 10 g pine nuts
- 10 g Parmesan cheese
- 100 ml olive oil
- ½ tsp salt

### Preparation

Rinse, dry and coarsely chop the wild garlic. Peel the garlic and chop it. Roast the pine nuts in the pan. Finely grate the parmesan. Put all the ingredients in a blender jar, add the oil and blend well with a hand blender. Season with salt. Serve with low-protein pasta or gratinated with low-protein bread.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1008	8.4	363	320	687	159
Per serving	252	2.1	91	80	172	40

# CAKES, BISCUITS & DESSERTS



## BERRY COMPOTE WITH VANILLA SAUCE

### Ingredients for 4 persons

- 150 ml water
- 100 ml cream
- 20 g sugar
- 1 packet of vanilla sugar
- 15 g vanilla pudding powder
- 400 g berry mix (frozen)
- 80 g sugar
- 20 g cornflour
- 150 ml water

### Preparation

Bring the cream, 150 ml water, sugar and vanilla sugar to a boil. Mix the pudding powder with a little cold water and stir. Stir and simmer for 5 min. at low temperature.

Boil the berry mixture with the sugar in 150 ml water. Mix the cornflour with a little cold water. Stir the cornflour into the berry mixture. Serve with vanilla sauce.

**Tip:** Vanilla sauce tastes creamier if you whip it up with a hand blender beforehand.

### Nutritional values

	Kcal	Prot.(g)	Phe.(mg)	Tyr.(mg)	Leu.(mg)	Met.(mg)
Total	991	7.3	301	229	396	146
Per serving	248	1.8	75	57	99	37



## APPLE PIE

### Ingredients for 12 pieces

- 100 g soft butter
- 1 packet of vanilla sugar
- 150 g sugar
- 200 g low protein flour
- 50 g chestnut flour (health food shop)
- 20 g vanilla pudding powder
- 2 tbsp. baking powder
- Zest of 1 untreated lemon
- 200 ml carbonated mineral water
- 50 ml cream
- ½ tsp. salt
- 350 g apple, peeled
- 1 tbsp. sugar, 1 tsp. cinnamon
- 2 tbsp. lemon juice

### Preparation

Beat the butter, vanilla sugar and sugar until fluffy. Add the flour, chestnut flour, vanilla pudding powder, baking powder, lemon zest, salt, mineral water and cream and work into a smooth dough. Place the dough in the springform cake tin.

Peel the apple and cut it into 1 cm thick slices. Mix the apple with the cinnamon, sugar and lemon juice. Spread the apple slices over the cake in a fan-like pattern. Bake for approx. 45 min. at 180 °C in a fan oven.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	2811	7.7	313	321	504	239
Per portion	234	0.6	26	27	42	20



## PEACH AND SOUR CREAM TART

### Ingredients for 12 pieces

- 100 g soft butter
- 1 packet of vanilla sugar
- 150 g sugar
- 200 g low protein flour
- 50 g chestnut flour (health food shop)
- 20 g vanilla pudding powder
- 2 tbsp. baking powder
- Zest of 1 untreated lemon
- 200 ml mineral water (carbonated)
- 100 g sour cream
- ½ tsp. salt
- 450 g tinned peaches (drained weight)
- 250 ml peach juice (collected)
- 1 tbsp. rose water (pharmacy, Turkish supermarket)
- 1 packet of white cake glaze

### Preparation

Beat the butter, vanilla sugar and sugar until fluffy. Add the flour, chestnut flour, vanilla pudding powder, baking powder, lemon zest, salt, mineral water and sour cream and work into a smooth dough. Place the dough in the springform cake tin. Drain the peaches and collect the juice. Slice the peaches and spread them on the cake in a fan-like pattern. Bake for approx. 45 min. at 180 °C in a fan oven. Leave the tart to cool in the springform cake tin. Prepare the cake glaze with the collected juice and rose water according to the instructions on the packaging and spread it on the peaches. Chill the tart in the fridge.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	3139	10.5	647	499	657	152
Per portion	262	0.9	54	42	55	13



## CHERRY AND CHOCOLATE CAKE

### Ingredients for 12 pieces

- 1 packet of vanilla sugar
- 150 g sugar
- 100 g soft butter
- 200 g low protein flour
- 50 g chestnut flour (health food shop)
- 20 g chocolate pudding powder
- 50 g milk chocolate, grated
- 2 tbsp. baking powder
- ½ tsp. salt
- 100 g sour cream
- 200 ml mineral water (carbonated)
- 350 g jarred sour cherries (drained weight)

### Preparation

Beat the butter, vanilla sugar and sugar until fluffy. Add the flour, chestnut flour, chocolate pudding powder, baking powder, salt, mineral water, sour cream, chocolate and half the cherries and work into a smooth dough.

Place the dough in the springform cake tin. Spread the remaining cherries over the cake.

Bake for approx. 45 min. at 180 °C in a fan oven.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	3262	14.1	560	557	834	213
Per portion	272	1.2	46	46	69	18



## CRANBERRY MUFFINS

### Ingredients for 12 muffins

- 1 packet of vanilla sugar
- 150 g sugar
- 100 g soft butter
- 200 g low protein flour
- 50 g chestnut flour
- 20 g cornflour
- 20 g chocolate pudding powder
- 50 g cranberries
- 2 tbsp. baking powder
- ½ tsp. salt
- 50 ml cream
- 200 ml mineral water (carbonated)

### Preparation

Beat the butter, vanilla sugar and sugar until fluffy. Coarsely chop the cranberries. Add the flour, chestnut flour, starch, chocolate pudding powder, baking powder, salt, mineral water, cream and cranberries and work into a smooth dough.

Place the dough in the muffin tin and bake in the fan oven at 180 °C for approx. 35 minutes.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	2783	6.9	279	303	463	109
Per portion	232	0.6	23	25	38	9



## HIGH QUALITY BISCUITS

### Ingredients for 100 pieces

- 250 g cornflour
- 100 g low protein flour
- 250 g butter
- 1 packet of vanilla sugar
- Zest of 1 untreated lemon
- 90 g icing sugar
- ½ tsp. salt
- Icing sugar for dusting

### Preparation

Strain the icing sugar through a fine sieve. Put all the ingredients in a bowl and knead into a dough, first with the dough hook, then with your hands.

Form 10 thumb-thick rolls from the dough and chill, covered, for 30 minutes. Cut the rolls into finger-thick slices and press grooves into them with a fork. Preheat the oven.

Bake the pastry with sufficient spacing on a baking tray lined with baking paper at 175 °C top/bottom heat for approx. 16 min. Dust with icing sugar while still warm.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	3463	3.0	149	132	264	63
Per portion	35	0.0	1	1	3	1



## CHOCOLATE CHIP COOKIES

### Ingredients for 25 pieces

- 250 g cornflour
- 100 g low protein flour
- 200 g butter
- 1 packet of vanilla sugar
- 100 g whole milk chocolate, grated
- 80 g icing sugar
- ½ tsp. salt

### Preparation

Strain the icing sugar through a fine sieve. Put all the ingredients in a bowl and knead into a dough, first with the dough hook, then with your hands.

Form 25 cookies from the dough. Preheat the oven. Bake on a baking tray lined with baking paper at 175 °C top/bottom heat for approx. 25 min.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	3567	10.0	481	439	593	146
Per portion	143	0.4	19	18	24	6



## COCONUT BISCUITS

### Ingredients for 80 pieces

- 250 g cornflour
- 100 g coconut flakes
- 150 g butter
- 1 packet of vanilla sugar
- 2 tsp. cinnamon
- 100 g brown sugar
- ½ tsp. salt

### Preparation

Put all the ingredients in a bowl and knead into a dough, first with the dough hook, then with your hands.

Form 8 thumb-thick rolls from the dough. Cut the rolls into finger-thick slices. Preheat the oven.

Bake on a baking tray lined with baking paper at 175 °C top/bottom heat for approx. 15 min.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	3054	9.5	403	280	613	151
Per portion	38	0.1	5	0.25	8	2



## RICE PUDDING WITH PEACHES

### Ingredients for 4 persons

- 40 g rice pudding, uncooked
- 120 ml water
- 50 ml cream
- Pulp from 1 vanilla pod
- 1 tbsp. sugar
- 1 pinch of salt
- 4 tinned peach halves (400 g)
- 10 g butter
- 15 g cane sugar

### Preparation

Heat the water and cream in a saucepan, add the vanilla pulp, 1 pinch of salt and the rice pudding and bring to a boil for 5 minutes. Then stir and simmer at low temperature for approx. 15 min. Finally, add 1 tbsp sugar.

Heat the butter in the saucepan and brown the peaches in it. Sprinkle with cane sugar.

Fill the peach centre with rice pudding (approx. 30 g) and serve.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	723	5.9	471	254	422	120
Per serving	181	1.5	118	64	105	30



## APPLE PANCAKES

### Ingredients for 4 pieces

- 100 g low protein flour
- 30 g chestnut flour (health food shop)
- 1 tsp. baking powder
- 30 g sugar
- 1 tbsp. rapeseed oil
- 50 ml cream
- 200 ml carbonated mineral water
- Pinch of salt
- 200 g apple (peeled)
- 1 tsp. cinnamon
- 2 tbsp. sugar

### Preparation

Mix the flour, chestnut flour, baking powder, sugar, oil, salt, cream and mineral water with an electric mixer until smooth. Quarter the apple, peel and cut into thin slices.

Meanwhile, preheat a non-stick frying pan without fat. Pour the batter into the pan in portions and spread the apple evenly on top. Fry the pancakes on both sides until they turn golden brown.

Mix the cinnamon and sugar and serve with the pancakes.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1077	4.6	186	192	288	68
Per serving	269	1.2	47	48	72	17



## TANGERINE BUTTER BISCUIT CREAM

### Ingredients for 4 persons

- 200 g almond yoghurt (0.5 g EW per 100g)
- 60 g mascarpone
- 3 tbsp lemon juice
- 30 g sugar
- 8 gluten-free butter biscuits
- 4 tbsp orange juice
- 240 g tinned tangerines, drained

### Preparation

Place the almond yoghurt, mascarpone, lemon juice and sugar in a large bowl. Finally, puree finely with a hand blender.

Coarsely crumble the butter biscuits and sprinkle with orange juice.

Layer a layer of biscuit and cream alternately in dessert glasses. Finally, decorate with the drained tangerines in a fan shape.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	929	7.1	195	240	539	154
Per serving	232	1.8	49	60	135	39



## KAISERSCHMARRN (EMPEROR'S MESS)

### Ingredients for 4 persons

- 100 g low-protein flour
- 25 g tiger nut flour
- 1 tsp baking powder
- 30 g sugar
- 1 tbsp vanilla sugar
- 30 g butter
- 200 ml oat cooking cream (0.3 g EW/100 g)
- 1 pinch of salt
- 20 g sultanas
- Rapeseed oil for frying

### Preparation

Mix the flour, tiger nut flour, baking powder, sugar, vanilla sugar, butter, salt, oat cooking cream and mineral water with a mixer until smooth. Leave the dough to rest for about 10 minutes.

Heat the oil in the pan and add the batter. Sprinkle with sultanas. Fry the batter on both sides until golden brown. Crush with the spatula.

Serve Kaiserschmarrn with icing sugar and apple sauce.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	1106	2.7	113	81	174	48
Per serving	277	0.7	28	20	44	12



## RASPBERRY YOGHURT ICE CREAM

### Ingredients for 4 persons

- 250 g almond yoghurt (0.5 g EW per 100g)
- 50 g mascarpone
- 50 g sugar
- 300 g frozen raspberries

### Preparation

Place the almond yoghurt, mascarpone and sugar in a large bowl. Puree with a hand blender. Add the raspberries and puree finely. Chill the cream mixture in the freezer for approx. 2 hours. Decorate with fresh raspberries and mint.

### Nutritional values

	Kcal	Prot. (g)	Phe. (mg)	Tyr. (mg)	Leu. (mg)	Met. (mg)
Total	756	7.5	320	254	550	131
Per serving	189	1.9	80	64	138	33





## RICE PUDDING

### Ingredients for 6 persons

- 1500 ml of low-protein milk substitute
- 200 g low-protein rice
- 3-4 strips of lemon peel
- 3-4 strips of orange peel
- 1 cinnamon stick
- 150 g of sugar
- 70 g of margarine
- Cinnamon

### Preparation

For the strips of lemon and orange peel: peel the rind using a potato peeler and remove only the yellow part of the lemon peel and the orange part of the orange peel, being careful not to remove the white part.

Heat the milk with the strips of orange and lemon peel, rice and cinnamon stick. Let cook for 35-40 minutes (until the rice is soft).

Add the butter and sugar and let it cook for another 5-10 minutes.

Pour the contents into 6 individual containers, let temper. When it is cold, sprinkle with cinnamon and store in the fridge until it's ready to serve.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	2810	1.15	34	27	8	17
Per serving	470	0.2	5	4.5	1.3	2.8



## SPANISH EGG CUSTARD

### Ingredients for 6 persons

- 600 ml of low-protein milk substitute
- 1 sachet of royal custard preparation
- 30 g of sugar
- 6 low-protein biscuits
- Cinnamon

### Preparation

Pour 200 ml of milk substitute in a cup and dissolve the sachet of royal custard (milk needs to be cold or temperate). Put to one side.

Heat 400 ml of milk substitute in a saucepan, add 30 g of sugar. When it boils, add the mixture you have prepared previously with the custard sachet, stir until the mixture boils again. When boiling, reduce the heat and continue cooking for 1-2 minutes while stirring.

Pour the contents into 6 individual containers, let temper. When it is warm, crumble a biscuit on top and sprinkle with cinnamon. When it is cold, store in the fridge until ready to serve.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	744	0.5	5	30	5	5
Per serving	124	<0.1	1	5	1	1



## FILLED CHURROS

### Ingredients for 3 persons

- 20 g of vegetable margarine
- 65 ml of water
- 65 g of cornstarch
- Sunflower or Rapeseed oil
- 20 g of sugar
- 70 ml of protein-free milk substitute
- Jam for the filling

### Preparation

Bring the water to the boil and melt the butter. Add the flour and beat. Add the protein-free milk substitute slowly so that it all mixes together. Place the dough in a piping bag.

Put baking paper on a tray and use the piping bag to make the bases in a spiral shape.

Use a teaspoon to insert the jam filling.

Using the piping bag, repeat this step again to cover the filling with dough.

Bring the oil to a boil in a deep pan and use a skimmer to add the churros and fry them.

Take them out and sprinkle with sugar.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	792	0.42	42	18	9	14
Per serving	264	0.1	14	6	3	5



## SPANISH-STYLE FRENCH TOAST

### Ingredients for 10 persons

- A low-protein loaf of bread (should be hard, better if it is from the previous day)
- 600 ml of milk substitute
- 30 g of egg substitute (0,2 g protein/100 g)
- Cinnamon stick (2 sticks)
- Cinnamon for sprinkling
- 100 g of sugar
- Olive oil or sunflower oil

### Preparation

Bring to a boil in a pan 600ml of protein-free milk substitute with a cinnamon stick and sugar.

Prepare the egg substitute: mix 30 g of egg substitute with 120 ml of water. Put to one side in a deep dish.

Break the bread into slices which are 1.5-2 cm thick.

Mix the sugar with the cinnamon powder on a plate. Put to one side.

When the milk with the cinnamon has come to a boil, remove from the heat and put in a dish and leave to cool. Once the milk has cooled enough, as not to burn, soak the slices of bread. Dip the slices of bread in the milk on both sides. When they are soft but without crumbling, coat them in the egg substitute on both sides.

Heat a pan with the oil over a high heat and fry the toast on both sides. The oil must be hot so that the bread toasts quickly and does not saturate with oil. Once fried, remove the slices of toast and add them to a plate covered with kitchen paper to absorb any excess oil.

After draining, dip the toast in the bowl of sugar with cinnamon.

### Nutritional values

	Kcal	Prot. (g)	Leu. (mg)	Phe. (mg)	Met. (mg)	Tyr. (mg)
Total	1723	0.86	53	32	8	24
Per serving	172	<0.1	5.3	3	0.8	2.4

