



PROMIN Newsletter

Issue 3, Autumn 2017

Special points of interest:

- **Welcome from our Managing Director**
- **NEW Promin Bakery in the UK**
- **Welcome to our new baker**
- **Recipe of the Month**

Welcome from our Managing Director

The GREAT BRITISH BAKE is on. From this week we will begin to bake Promin low protein sliced white fresh bread and rolls in our own bakery in Stockport. This long awaited development has been made possible by those of you who use Promin and Taranis low protein foods and metaX XPhe Jump protein substitute in your low protein diets. Being without corporate ownership means that we have been free to reinvest into the metabolic community. With your support over the years we have been able to establish a new facility to manufacture low protein baked goods in the UK giving us greater control over quality and service, and giving you a greater range of products to support your diet. One new job has been created so far. We can congratulate each other.

NEW Promin Low Protein Bakery in the UK

September was a busy month for us at Promin, We took delivery of our new bakery equipment and then had the task of finding a baker!

Jason showed up for his interview and the rest is history.

Jason has taken to baking Low Protein bread like a duck to water. His accuracy in measuring the ingredients and the care he takes make him the perfect addition to the Promin family.

The Promin Bakery is the first bakery exclusively making low protein products in the UK. We aim to excite the low protein community with delicious hand baked items and judging by the reaction of our "Guinea Pigs" we will not disappoint. Watch this space!!!



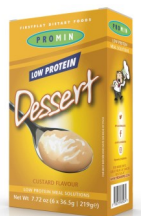


Our new team member and our baker



- Hi Jason! Welcome to the Firsplay team. What did you do before joining us?
- ◇ *I worked at Authentic Foods making frozen ready meals. I was an apprentice baker from the age of 15.*
- What are you going to do at Firtsplay?
- ◇ *I am running the Promin bakery and making good quality exciting products for the Low Protein Community.*
- What are the future plans and ambitions for the bakery?
- ◇ *To produce exceptional high quality low protein products and to expand the products we currently develop. We aim to make low protein baguettes, fruit loaves, savoury breads, mince and fruit pies, biscuits, jam tarts, pizzas and many more.*
- What do you like to do in your spare time?
- ◇ *I like to spend time with my family and I am a big football fan.*

Promin Recipe of the Month: Low Protein Bread and Butter Pudding



What you need

- 4 slices of Promin Low Protein Fresh Bread
- Butter
- 2-3 Sachets of Promin Low Protein Custard Dessert
- Granulated sugar
- Marmalade (optional)
- Raisings

What you do

Butter the slices of bread and spread with the marmalade and cut into half diagonally. Arrange half the bread in a buttered over proof dish. Add sugar and raisins to your taste. Arrange the remaining bread on the top and again add sugar and raisins. Make up the custard using 100mls of cold water to each sachet. Pour over the bread and place in an oven at 180C for about 20 minutes. For a crispy top place under a hot grill for 2-3 minutes.

Enjoy!