

PANCAKES

Number of portions : 10 pancakes



Ingredients

200 g of Promin flour
200 ml of liquid Dalia
150 ml of water
30 g of melted butter
1 pinch of salt

Preparation

Mix together the Promin flour, melted butter and salt in a large bowl. Gradually incorporate the Dalia and water, whisking all the time. The batter is ready. Make the pancakes and serve with either jam, Taranis hazelnut spread or sugar.



Confectioner's CUSTARD



Ingredients

200 ml of liquid Dalia
15 g of sugar
15 g of Promin flour
1/2 teaspoonful of vanilla extract
or liquid caramel

Preparation

Bring the Dalia to the boil. At the same time, mix together the sugar and the Promin flour in a bowl. Gradually incorporate the Dalia, stirring all the time. Transfer this mixture to the saucepan containing the Dalia and cook on a low heat for a few minutes, whisking all the time, until it thickens. Remove from the heat and flavour to taste.

Yellow DALIA

Number of portion : 1

Ingredients

80 ml of liquid Dalia
80 ml of pineapple juice
1/2 teaspoonful of vanilla extract
Ice cubes



Preparation

Mix or blend all the ingredients, then add the ice cubes just before serving.



Green DALIA

Number of portion : 1



Ingredients

100 ml of liquid Dalia
50 ml of pear nectar
a few drops of mint cordial
Ice cubes

Preparation

Mix or blend all the ingredients, then add the ice cubes just before serving.



TARANIS

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LIQUID DALIA



Vegetable FLAN

Number of portions : 2

Ingredients

50 g of Promin pastameal
50 g of butter
90 ml of liquid Dalia
90 ml of water
150 g of cucumber
Juice of half a lemon
Garlic powder, salt

Preparation

Melt the butter, add Promin pastameal and cook until all the butter is absorbed. Put aside. At the same time, heat the Dalia and the water. Finely chop the cucumber and incorporate it into the liquid with the lemon juice, garlic and salt. Pour this mixture over the Promin pastameal and cook until all the liquid is absorbed. Divide into two ramekins and place in the fridge. Serve chilled.

Variations : the cucumber can be replaced by another vegetable: broccoli, green beans, etc.



Pepper CREAM



Number of portion : 1

Ingredients

1 red pepper
(or yellow or green)
100 ml of liquid Dalia
10 g of Cornflour
(thickener)
Spices
Lemon juice

Preparation

Cook the pepper in boiling water then peel. Mix the different ingredients in a blender and season with salt, provençal herbs, paprika, lemon juice. Place this cream in the fridge for around 1 hour and serve chilled.

Orange-scented RICE CAKES



Number of portions : 6

Ingredients

200 ml of water
200 ml of liquid Dalia
50 g of Promin rice
25 g of Promin pastameal
100 ml of orange juice
50 g of sugar
1 orange
10 g of butter

Preparation

Cook the Promin rice in the water and Dalia for 20 to 25 minutes. Mix the Promin pastameal with the orange juice and add to the Promin rice. Cook for a few minutes until all the liquid is absorbed. Add the sugar, melted butter and orange pulp. Pour the mixture into cupcake moulds or ramekins and place in the fridge. Remove from moulds or ramekins and decorate with orange segments.

Béchamel SAUCE



Number of portions : 2

Ingredients

15 g of Promin flour
10 g of butter
125 ml of liquid Dalia
Nutmeg

Preparation

Melt the butter in a saucepan, add the Promin flour and mix together. Gradually pour in the Dalia and cook until the mixture thickens. Flavour with nutmeg.





Turmeric orange blossom MUFFINS



Number of portions : 6 muffins

Ingredients

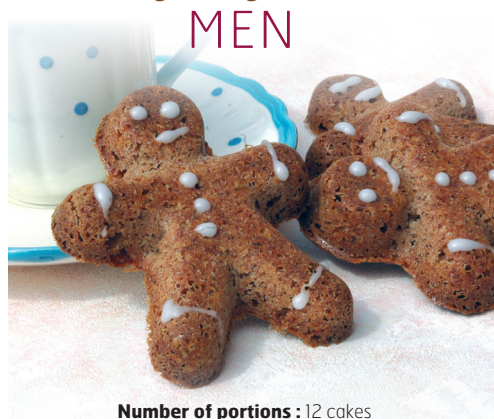
180 g of Taranis natural cake mix
35 g of butter
75 ml of water
1 large pinch of turmeric
1 tablespoon of orange blossom water
20 g of sprinkles
30 g of icing sugar

Preparation

- Heat the butter with the water and turmeric, without boiling.
- Remove from heat and add the orange flower water.
- Beat the cake mix to remove lumps. Pour in the butter/turmeric mixture and mix to obtain a slightly thick smooth paste.
- Pour a spoonful of paste into mini muffin moulds.
- Bake for 25 minutes at 180°C (thermostat 6).
- Dissolve the icing sugar in a teaspoon of water and brush over the muffins.
- Decorate with sprinkles.



Mini gingerbread MEN



Number of portions : 12 cakes

Ingredients

150 g of Taranis natural cake mix
20 g of butter
30 g of honey
60 ml of orange juice
1 teaspoon of cinnamon
1 pinch of cloves
1 pinch of coriander powder
1 pinch of ginger powder
20 g of icing sugar

Preparation

- Heat the butter with the orange juice, honey and spices, without boiling.
- Beat the natural cake mix to remove lumps. Pour in the butter/spice mixture and mix to obtain a slightly liquid smooth paste.
- Pour a spoonful of paste into mini gingerbread man moulds.
- Bake for 20 minutes at 180°C (thermostat 6).
- Dissolve the icing sugar in half a teaspoonful of water. Draw a face and a button-up suit on the gingerbread men.

Plain SPONGE CAKE



Number of portions : 8 cakes

Ingredients

300 g of Taranis natural cake mix
150 ml of water
70 g of butter

Preparation

- Mix the natural cake mix, water and melted butter in a bowl.
- Beat the mixture to obtain a smooth paste.
- Pour into individual cake moulds and bake for 20 minutes at 180°C (thermostat 6).

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NATURAL CAKE MIX



Caramel SPONGE CAKE

Number of portions : 12 cakes

Ingredients

150 g of Taranis
natural cake mix
30 g of butter
50 ml of apple juice
8 caramels

Preparation

- Heat the butter with the apple juice and one caramel, without boiling, until the caramel is completely dissolved.
- Crush the other caramels with a masher.
- Beat the natural cake mix to remove lumps. Pour in the butter/apple juice mixture and mix to obtain a smooth paste.
- Add the caramel pieces and pour a spoonful of paste into mini cake moulds.
- Bake for 20 minutes at 180°C (thermostat 6).

Serving suggestion : Serve with Dalia flavoured with cinnamon.



Dragibus MUFFINS



Number of portions : 6 muffins

Ingredients

150 g of Taranis
natural cake mix
30 g of butter
50 ml of grape juice
8 Dragibus
sweets (40 g)
50 g of sugar

Preparation

- Heat the butter with the grape juice, without boiling.
- Cut the Dragibus sweets into quarters.
- Beat the natural cake mix to remove lumps. Pour in the butter/grape juice mixture and mix to obtain a smooth paste.
- Pour a spoonful of paste into mini muffin moulds.
- Bake for 25 minutes at 180°C (thermostat 6).
- Heat the sugar with 2 spoonfuls of water to form a thick syrup.
- Pour over the Dragibus sweets and immediately spread over the muffins.



Cherry SOFT-HEART CAKES

Number of portions : 6 cakes

Ingredients

150 g of Taranis
natural cake mix
35 g of butter
50 ml of water
2 drops of bitter
almond extract
10 fresh cherries
50 g of cherry jam

Preparation

- Heat the butter with the water, without boiling. Remove from heat and add the bitter almond extract.
- Stone the cherries and cut into small pieces.
- Beat the natural cake mix to remove lumps. Pour in the butter/water mixture and mix to obtain a smooth paste.
- Add the cherries and pour a spoonful of paste into heart-shaped mini cake moulds with a hollow centre.
- Bake for 25 minutes at 180°C (thermostat 6).
- Fill the hollow with a spoonful of jam.



Honey MADELEINE SPONGE



Number of portions : 12 cakes

Ingredients

150 g of Taranis
natural cake mix
20 g of butter
30 g of honey
60 ml of water
Zest of one lemon

Preparation

- Grate the lemon zest.
- Heat the butter with the water, honey and zest, without boiling.
- Beat the natural cake mix to remove lumps. Pour in the butter/lemon zest mixture and mix to obtain a slightly liquid smooth paste.
- Pour a spoonful of paste into mini Madeleine moulds.
- Bake for 20 minutes at 180°C (thermostat 6).

Courgette GRATIN WITH OLIVES

Preparation time
10mn

Cooking
35mn

1 sachet Taranis Fish Substitute = 1 exchange



MAIN DISH

Ingredients

1 sachet Taranis Fish Substitute
2 courgettes
3 sprigs of oregano
25 g black olives
5 ml olive oil
100 ml Taranis Dalia

Directions

- Reconstitute the fish substitute by adding 100ml of water. Leave to rest for 10 minutes.
- Rinse the courgettes and cut them into slices. Place a small quantity of the fish substitute between each slice and arrange them in a gratin dish.
- Season with salt and pepper, add the pitted black olives and drizzle with olive oil. Sprinkle with oregano and pour over the Dalia.
- Bake for 35 minutes at 180°C (gas mark 4).

ALTERNATIVE: sprinkle some grated cheese substitute over the preparation (1 slice).

Spinach QUENELLES

Preparation time
15mn

Cooking
10mn

1 sachet Taranis Fish Substitute = 1 exchange

Directions

- Cook the spinach in a little salted water. Drain and then blend. Reconstitute the substitute by adding 80ml water and the spinach.
- Leave to rest for 10 minutes.
- Shape the quenelles with two tablespoons and poach them in the Dalia. Drain them.
- Blanch the parsley and blend it with a little water and the grape seed oil. Serve the quenelles with the parsley sauce and garnish with a slice of tomato.

Ingredients

1 sachet Taranis Fish Substitute
100 g frozen spinach
1 bunch of parsley
5 ml grape seed oil
25 ml Taranis Dalia
1 tomato for decoration

NOTE: Spinach must be counted as exchanges in the diet. For further advice, speak to your dietitian.

Gourmet FILLED PITTA BREAD

Preparation time
10mn

Cooking
25mn



MAIN DISH

Ingredients

1 sachet Taranis Fish Substitute
1 onion
2 salad leaves
1 tomato
1 Promin Pizza Base mix
ketchup sauce

1 sachet Taranis Fish Substitute = 1 exchange

Directions

- Reconstitute the fish substitute by adding 100 ml of water. Leave to rest for 10 minutes.
- Shape into balls and fry. Cut them in half. Cut the pizza dough into four. Bake at 150°C (gas mark 2) for 20 minutes.
- Spread the pizza bases with the ketchup.
- Slice the tomato and the onion.
- Make the filled pitta using the fish substitute half-balls, sliced onion, salad and ketchup. Hold in place with a bamboo toothpick.

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FISH SUBSTITUTE



Cumin CROQUETTES



STARTER

1 sachet Taranis Fish Substitute = 1 exchange

Ingredients

- 1 sachet Taranis Fish Substitute
- 1 lemon
- 2 pinches of cumin seeds
- 100 ml Taranis Dalia
- 50 g Promin pastameal
- 10 ml oil

Directions

- Reconstitute the fish substitute by adding 100 ml of water and the cumin. Leave to rest for 10 minutes.
- Shape little cylinders between the palms of your hands and then roll them in the Promin pastameal. Dip in a little Dalia and repeat this operation. This produces finely-coated croquettes.
- Fry in hot oil and serve with lemon wedges.



Wasabi BALLS



STARTER

1 sachet Taranis Fish Substitute = 1 exchange

Ingredients

- 1 sachet Taranis Fish Substitute
- 1/2 teaspoon wasabi
- 1 bunch of watercress
- 3 sprigs of mint
- salt, pepper
- 10 ml oil

Directions

- Pick the leaves off the mint and remove the larger watercress stalks. Cook the leaves together for two minutes in a pan with a glass of water.
- Blend to obtain a light, very green broth. Season. Reconstitute the fish substitute by adding 100ml of water and the wasabi. Stir thoroughly and leave to rest for 10 minutes.
- Shape six well-rounded balls and then fry them in hot oil until golden brown. Serve with the broth.



CRISPY SPRING ROLLS with mint



STARTER

1 sachet Taranis Fish Substitute = 1 exchange

Ingredients

- 1 sachet Taranis Fish Substitute
- 4 rice sheets (1 sheet weighs 9g)
- 30 g Promin Short Cut spaghetti
- 1 carrot
- 1 clove garlic
- 1 black mushroom
- FOR THE SAUCE:**
- 1 teaspoon of nuoc mam
- 1 sugar cube
- 1 teaspoon of ketchup
- A few mint leaves

Directions

- Cook the Promin short cut spaghetti for four minutes in boiling salted water. Drain thoroughly. Soak the black mushroom in warm water and chop coarsely when it has softened. Reconstitute the fish substitute by adding 100ml of water, the peeled and finely grated carrot and the crushed garlic and then incorporate the short cut spaghetti and the mushroom. Leave to rest for 10 minutes.
- Soak a rice sheet. When it is soft, place a quarter of the stuffing in the middle, fold in the sides and make a roll. Remove any excess. Leave to rest for 10 minutes.
- Make four spring rolls and fry them in hot oil. Serve with green salad, mint leaves and a sauce made of 3 soup spoons of warm water, 1 sugar cube and 1 teaspoon of ketchup.

Ingredients

- 1 sachet Taranis Fish Substitute
- 1 red pepper
- 1 courgette
- 1 dried apricot
- 4 sprigs fresh coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon ras hel hanout
- 1/2 teaspoon cumin seeds

Directions

- Chop up the coriander. Reconstitute the fish substitute by adding 100 ml of water and the coriander.
- Leave to rest for 10 minutes. Form approximately six balls.
- Bring 250 ml of water to the boil with the spices. Wash the courgette and cut into small sections. Wash and seed the red pepper. Cut it into pieces.
- Cut the dried apricot into quarters. Simmer the vegetables and the balls gently for 25 minutes. Add the pieces of dried apricot last so that they keep their colour.

SERVE WITH: Promin couscous.



Light MOUSSAKA



MAIN DISH

1 sachet Taranis Fish Substitute = 1 exchange

Ingredients

- 1 sachet Taranis Fish Substitute
- 1 aubergine
- 10 ml olive oil
- chives
- salt, pepper

Directions

- Reconstitute the fish substitute by adding 100 ml of water. Leave to rest for 10 minutes. Make two discs.
- Wash the aubergine and cut it into thick slices. Brown in a frying pan with the olive oil. Season with salt and pepper.
- Make the moussaka in a gratin dish or a baking ring, with a layer of aubergine, then a layer of fish substitute and finally a layer of aubergine.
- Press so that the flavours blend. Microwave for 7 minutes. Allow to cool slightly and then decorate with chives.



MAIN DISH



Seafood TAJINE

1 sachet Taranis Fish Substitute = 1 exchange