



# PROMIN Newsletter

## PROMIN NEWS

Winter 2025

### Special points of interest:

- Promin News
- Promin Web-Shop at Christmas
- Training session at the Newcastle University
- Our Work Outside the UK
- Recipe of the Month

[www.prominpku.com](http://www.prominpku.com)



As we celebrate this joyful season, we also take a moment to reflect with gratitude on more than 30 years of dedication, innovation and compassion from Stephen and Linda Fletcher in the field of inherited metabolic disorders.

Since founding **Firstplay Dietary Foods** in 1993, their pioneering work through the **Promin** brand has delivered over 70 low protein food innovations to the PKU community — from much-loved everyday staples like bread and pasta to convenient meal options that help make dietary management easier, brighter and more enjoyable.

Their commitment has always reached far beyond product development. It's about supporting patients, families and healthcare professionals with empathy, warmth and genuine collaboration. As Professor Anita MacDonald OBE so beautifully puts it, they are “visionaries who have never stopped innovating or caring.”

You can read more in **NSPKU News & Views, Issue 179 (Autumn 2025)**. As we look ahead to 2026, we remain committed to innovation, growth and achieving extraordinary things together.

**Season's Greetings from all of us — may your holidays be filled with peace, joy and hope for the year ahead!**



## Promin web-shop at Christmas



Welcome to the Promin web-shop! Here you'll find a wide range of delicious low protein products from fresh bread, bloomers, cobbs and buns to biscuits, chocolates, muffin mixes and so much more. We're excited to announce that our special Christmas Treats will be launching in early December 2025 — so keep an eye out for them! Placing your order is easy — just visit us at [www.prominpku.com](http://www.prominpku.com). Plus, all UK orders over £40 qualify for free delivery. We can't wait to share some festively goodies with you this Christmas!



## Student Dietitians Explore Life on a Low Protein Diet at Newcastle University



We recently provided Promin low protein foods for a hands-on practical session in the food handling lab for the students to explore the world of low protein cooking. Using both common household ingredients that are naturally low in protein and specialist Promin low protein products available on prescription, students created a wide variety of dishes such as Red Pepper Cous Cous, Sausage Pasta Medley, Burgers in a Bun and 'Cheese' and Tomato Sandwich Fingers made with Promin Low Protein Farmhouse Loaf.

This practical was an invaluable experience. It highlighted not just the creativity required in preparing low protein meals, but also the broader challenges faced by individuals following such diets — from sourcing ingredients to managing social and psychological barriers.



## Our work outside the UK



Promin was proud to attend the annual PKU event in Apeldoorn, where it was a pleasure to connect with the community and gain valuable insights into their perspectives on low protein foods. Our presence reflected our ongoing commitment to duty of care and long term support, made possible through our Dutch partners at **Die-eetje.nl** — a family living with PKU. It was a truly rewarding experience to engage with attendees, share our range of recipe books and enjoy meaningful personal interactions.



## Promin Recipe of the Month: Low Protein Christmas Bundt Cake

### What you need

- 1 packet of **Promin Low Protein Classic Cake Mix**
- 100g Margarine
- 200ml Water
- 100g Golden Syrup
- 50g Cranberries
- 1 tbsp Mixed Spice
- Vanilla Frosting (optional)
- Christmas Sprinkles (optional)



### What you do

1. Preheat your oven to 190 degrees Celsius.
2. In a large mixing bowl mix together the classic cake mix, margarine and water until smooth.
3. Add the golden syrup, cranberries and mixed spice and mix until well combined.
4. Grease your Bundt cake tin using margarine.
5. Bake for 35-40 minutes until a knife comes out of the cake clean.
6. Leave to cool slightly in the tin then turn out onto a wire rack to cool completely.
7. Put some vanilla frosting into a microwavable jug and microwave for 30 seconds or until the frosting has melted.
8. Drizzle the frosting over your cake, top with sprinkles and enjoy!