

P R O M I N

BAKE IT BETTER

Low Protein Creations with Promin's
All Purpose Baking Mix



A recipe collection for every craving -
from sweet to savoury.



LOW PROTEIN MEAL SOLUTIONS

To this day an owned and operated family business and established in 1993, the Promin brand originated in Stockport, United Kingdom in a facility dedicated exclusively to the production of low-protein products.

The brand's founder, Stephen Fletcher, boasts over 30 years of experience in low protein food manufacturing and remains committed to evolving low-protein meal solutions available through the Promin brand.

Promin pasta made its debut three decades ago, marking the inception of a product range that has expanded over the years in response to the needs expressed by parents, patients, and dietitians.

Our journey has been shaped by the continuous feedback and inspiration derived from the communities requiring low protein diets.



OUR MISSION:

The Promin mission is to provide continually developing ranges of quality food products that support people following restricted diets and to underpin this with exceptional customer service. We aim for the Promin brand to deliver innovation, convenience and taste.



We would like to extend our heartfelt appreciation to Chef Carl for developing these outstanding low protein recipes. His creativity and dedication have resulted in dishes that are not only delicious but also mindful of dietary needs. Every bite showcases his talent and commitment to culinary excellence. Thank you for making low protein eating both enjoyable and accessible.



WELCOME TO THE **PROMIN** KITCHEN

At Promin, we believe that everyone deserves to enjoy delicious, satisfying food—no matter their dietary needs. This recipe booklet is our way of bringing comfort, creativity and flavour into your kitchen, all with the help of one versatile ingredient: **Promin Low Protein All Purpose Baking Mix**.

Designed with care for those managing low protein diets, our mix makes it easier to enjoy the foods you love, from warm, savoury breads and crisp pizza bases to sweet, nostalgic treats like muffins and pastries. Whether you're baking for yourself, your child or a loved one, these recipes are here to make life just a little bit simpler and a whole lot tastier.



Each recipe has been developed to bring joy to your plate and flexibility to your routine. So go ahead, roll up your sleeves, preheat the oven and enjoy the satisfaction of baking something truly special.

Promin focuses not on the limits of your diet, but on the possibilities it creates.

Happy baking from our kitchen to yours.

Team Promin.



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Scan for more recipes and product information

P R O M I N

GETTING STARTED WITH PROMIN LOW PROTEIN BREAD

Promin low protein bread can be made by hand or in a bread machine - most tips apply to both methods. Once you've made it once, you'll find it easy to repeat!

Warmth is Key

Bread needs a warm environment to mix, prove and bake successfully. Avoid storing Promin mixes in cold places.

- Bread machine: Warm the bread pan with hot water before starting
- By hand: Use a plastic mixing bowl - metal or ceramic can feel cold and affect the dough

Mixing Tools

You can mix the dough with a wire balloon whisk or an electric hand mixer.

Measure Accurately

Use a measuring jug to measure water and oil accurately.

Choosing Your Oil

Any oil works:

- For a neutral flavour: vegetable oil
- For added taste: olive or walnut oil.



Water Temperature Matters

Warm water helps activate yeast and dissolve ingredients:

- Too cold: Dough rises slowly and may form large holes
- Too hot: Yeast may die, resulting in dense bread

Aim for bathwater-warm - comfortable to the touch, not stinging.

Storage & Reheating

If not eating immediately, freeze your bread:

- Slice large loaves before freezing
- Rolls or shapes can be frozen as is in freezer bags
- To reheat, wrap in a paper towel and microwave briefly until just warmed through
- Let rest on the counter, still wrapped, before filling
- Frozen slices can also go straight into a toaster or under a grill
- Freshly baked products will keep for up to 5 days and are best stored in the fridge.



PROVING & OVEN BAKING

PROMIN LOW PROTEIN BREAD

Making Promin low protein bread by hand is simple - and often easier than baking traditional bread. These tips will help you achieve the best results.

Proving the Dough

Most Promin bread recipes use yeast, which helps the dough rise and gives it a light, airy texture. After shaping the dough, it needs a short proving period before baking.

- Cover the shaped dough with cling film placed loosely over the top. This keeps warmth in, blocks out drafts and prevents the surface from drying.
- Let the dough prove in a warm spot—such as on top of the oven while it preheats, a sunny windowsill or over a warm radiator.
- Proving time typically ranges from **15 to 50 minutes**, depending on the room temperature and dough size.

The dough is ready when it has grown by about **50% in size** - not doubled. Watch out for over-proving, which can affect texture. Small bubbles on the surface are a sign it may be over-proved. Remember, the dough will rise a bit more in the oven.

BAKING YOUR BREAD

Baking times depend on the size and shape of your bread:

- Whole loaves: 35 - 50 minutes
- Rolls or baguettes: 20 - 40 minutes

Each Promin recipe provides a guideline for oven temperature and baking time. However, oven performance varies, so you may need to make adjustments:

- **Fan ovens:** Lower the temperature by 20 - 30°C
- In the first 5 - 10 minutes, check occasionally - if the bread browns too fast, the oven may be too hot.
- If it's still very pale after 25 minutes, increase the temperature slightly.

Avoid opening the oven door too frequently, as this causes heat loss. With time, you'll get to know how your oven behaves—it's all part of the process!



FINISHING AND STORAGE

Once baked, remove the bread from the oven and take it out of the tin or tray. Let it cool completely on a wire rack.

All Promin bread types freeze well, so you can bake in batches and store for later use.





Low Protein Machine Bread

Ingredients:

500g Promin Low Protein
All Purpose Baking Mix

7g Dried Yeast

150mls Water

120mls Vegetable Oil

Method:

1. Place 450mls (15fl oz) water and 120mls, (4fl oz) vegetable oil into the bread pan fitted with the kneading blade.
2. Add 500g (17.6 oz) of Promin Low Protein All Purpose Baking Mix.
3. Add the 7g sachet of dried yeast (0.25 oz).
4. Place the bread pan into the machine and start.



Low Protein Oven Bread

Ingredients:

500g Promin Low Protein
All Purpose Baking Mix

7g Dried Yeast

450mls Water

120mls Vegetable Oil

Method:

1. Put Promin Low Protein All Purpose Baking Mix into a mixing bowl. Add the yeast sachet and salt, stir to combine.
2. Measure the oil and warm water using a measuring jug.
3. Pour the oil and water mixture into the dry ingredients. Using a balloon whisk blend everything together to reach smooth consistency.
4. Pour the dough into a bread tin, cover and put in a warm place to prove.
5. After about 30 minutes the bread would have risen.
6. Uncover and bake for about 40–45 minutes. Check with a wooden skewer that the bread is baked in the middle. If the skewer is clean after taking out of the bread, it is baked. The bread should be golden brown.
7. Remove from the tin and cool on a wire rack.
8. The bread can be kept in the fridge for a few days. This bread can be frozen.



Low Protein Pastry

Ingredients:

250g Promin Low Protein
All Purpose Baking Mix

125g Margarine

60mls Water

120mls Vegetable Oil

Method:

1. Place 250g (8.8 oz) Promin Low Protein All Purpose Baking Mix into a bowl.
2. Rub in 125g (4.4 oz) of margarine or butter to form a crumble.
3. Stir 60mls (2 fluid oz) of water into the mix until a clear pastry is obtained.
4. Rest the pastry for a few minutes before use.
5. To make a sweet pastry perfect for fruit pies simply add 30g (1 oz) of caster sugar into the bowl before adding the water.



Low Protein Pizza

Ingredients:

250g Promin Low Protein
All Purpose Baking Mix

3g Dried Yeast

1x30g sachet of Promin Low
Protein Sausage Mix

150mls Water

25mls Vegetable Oil

Suitable Pizza Topping Sauce

Grated Violife Cheese

Method:

For the pizza base:

1. Place 250g of Promin Low Protein All Purpose Baking Mix into a bowl along with 3g dried yeast and mix well.
2. Add 150mls of water and 25mls of vegetable oil and make into a dough.
3. Pin out into a large sheet approximately ¼ inch thick and prick with a fork.
4. Leave to rise in a warm place for approximately 15 minutes.

For the topping:

1. Shallow fry sausages as per the instructions on the Sausage Mix pack.
2. Assemble the pizza by spreading the pizza topping sauce, adding sliced sausages and grated cheese.
3. Bake in the oven for 15-20 minutes at 180°C.
4. Enjoy with fresh salad.

Promin Chef tips:

- Any vegetables can be used in this recipe
- For Halloween, Easter, Christmas or any other celebrations cut out suitable shapes from the sliced Violife Cheese to suit the occasion



Low Protein Courgette and Mushroom Bread

Ingredients:

- 2 Large Courgettes
- 8 Close Cup/Chestnut Mushrooms
- 2 Garlic Cloves
- 1 teaspoon of Onion Granules
- 2 teaspoons of Italian Herb Seasoning
- 2 tablespoons of Olive Oil
- 450g Promin Low Protein All Purpose Baking Mix
- 7g packet of Yeast
- 125ml tepid/warm Water
- Cracked Sea Salt

Method:

1. Shred courgettes with a speed peeler, place in a colander with kitchen roll for 15–20 mins to release moisture.
2. Rinse, repeat, then squeeze out excess water with kitchen towel.
3. Fry mushrooms, garlic, onion granules & herbs until soft. Stir in courgettes, cook 2–4 mins, then drain.
4. In a bowl, mix Promin Low Protein All Purpose Baking Mix, oil, vegetable mix & 125ml warm water.
5. Knead dough on a floured surface for 10 mins, shape into a ball, flatten, cover with oiled cling film & proof for 30–40 mins.
6. Top with sea salt, place in tin and bake 50 mins.
7. Once cooked, please on a wire rack to cool.

Promin Chef tip:

- Best served warm, slightly toasted for your favourite sandwich, dipped into delicious soup or accompanying the perfect lunch.



Low Protein Cheese Scones

Ingredients:

225g Promin Low Protein
All Purpose Baking Mix

2tsp Baking Powder

50g Butter

125g Vegan Cheese

½ tsp Salt

2tsp Smoked Paprika

60ml Coconut Milk

Method:

1. Combine the Promin Low Protein All Purpose Baking Mix and butter in a bowl by using your fingers and making a breadcrumb texture.
2. Stir in the cheese, paprika and salt so it is mixed in evenly.
3. Add the milk and mix, then add cold water little by little (just a tablespoon at a time) until the mixture comes together into a dough. Try to work it as little as possible, just bring it together then leave it to stand.
4. Tip the dough out onto a floured surface, then gently roll it with a rolling pin until it is about 1.5cm thick.
5. Use a pastry cutter to cut out as many scones as you can from the dough and place them on the baking tray, lined with greaseproof paper, then re-roll the offcuts and keep going until all the dough has been used up.
6. Brush the tops of the scones with a little dairy-free milk, (don't brush the sides as this will stop them rising), then bake for 15-20 minutes until golden brown.
7. Serve warm with spread or your favourite chutneys.



Low Protein Garlic Baguette

Ingredients:

500g Promin Low Protein
All Purpose Baking Mix

7g Yeast (1 sachet)

320mls Warm Water

90mls Vegetable Oil

For the filling:

100g Melted Butter

2 Garlic Cloves finely chopped
or pre purchased garlic butter

Method:

1. Preheat the oven to 50 °C.
2. Hand mix all the baguette ingredients in a mixing bowl until a large smooth ball of dough is created. This will take a few minutes. Then knead the dough to blend the ingredients together thoroughly.
3. Split the dough into 2 even balls and roll into long baguette shapes.
4. Spray or brush the baguettes with water so they're damp and have a shiny look to them, don't be afraid of using too much.
5. Place the baguettes in the oven at 50 °C and prove for 30 minutes, in this time the baguettes should rise and swell to nearly double the size.
6. Once the baguettes have proved, increase the oven heat to 200 °C and bake for 20 minutes.
7. Whilst waiting for the baguettes to bake, using a pan, melt the butter and chopped garlic (or pre purchased garlic butter).
8. After 20 minutes of baking time, remove the baked baguettes from the oven and make slices through them nearly all the way and add the melted garlic butter between the slices.
9. Place the baguettes back into the 200 °C oven for 5 minutes, this will allow the butter to melt into the baguette and for the baguette itself to crisp up.



Low Protein Naan Bread

Ingredients:

500g Promin Low Protein
All Purpose Baking Mix

10g Baking Powder

6g Salt

40mls Vegetable Oil

20g Sugar

280g Water

Butter, Garlic Powder &
Coriander (to taste)

Method:

1. Make a dough using all the ingredients.
2. Scale off at 140g per naan bread.
3. Round dough and then flatten forming a tear shape ½ inch thick.
4. Then either place on a metal tray and grill both sides on high heat until the naan browns and blisters.
5. Alternatively place in a hot dry frying pan and turn every 90 seconds until the naan turns brown.
6. To finish brush with butter blend of garlic and coriander to your taste.



Low Protein Yorkshire Pudding

Ingredients:

175g Promin Low Protein
All Purpose Baking Mix

½ teaspoon of Salt

2 ½ teaspoon of Baking Powder

45ml Oil

280ml Water

1 Stock Cube (vegetable beef
or chicken, to help the mixture
colour whilst cooking)

Method:

1. Set the oven to 230°C degrees or gas mark 8.
2. Combine all the dry ingredients in a mixing bowl and set aside.
3. Mix the oil in to the water and stir in the vegetable stock cube.
4. Stir the wet mixture gradually into the dry mix with a balloon whisk to ensure there are no lumps and the batter is smooth.
5. Lightly grease a Yorkshire pudding tray with oil brushing the sides gently to avoid the mixture from sticking whilst cooking.
6. Place the tray in the oven for 3 minutes until the Yorkshire puddings have slowly started to cook and rise.
7. Carefully remove the tray and insert a small ball of foil into the Yorkshire puddings, so that the sides slightly rise, and the puddings can continue to cook around the foil, forming the hole that is traditionally recognised.
8. Put back into the oven and cook for a further 12-15 minutes until the puddings begin to turn in colour and are cooked throughout.
9. Remove from the oven and edge out the foil balls.
10. Serve with your favourite roast dinner. Alternatively use as vol-au-vents for parties/snacks and add your favourite fillings.



Low Protein Crumpets

Ingredients:

400ml Coconut Milk

1tbsp Dried Yeast

1tsp Caster Sugar

300g Promin Low Protein
All Purpose Baking Mix

½ tsp Bicarbonate Soda

Oil for greasing

1tsp Salt

Butter or spread for serving

Method:

1. Warm the milk to medium heat and add in 100ml tepid water, along with the yeast and sugar and mix until dissolved. Allow this to stand in a warm place for 15 minutes.
2. In a large bowl mix the Promin Low Protein All Purpose Baking Mix with the bicarbonate soda and mix in 1 teaspoon of salt. Once combined, make a well in the centre and pour in the yeast mixture.
3. Begin to whisk starting from the centre outwards and continue to do until the mixture becomes like double cream.
4. Once you have achieved this consistency cover with a damp tea towel and leave to prove, until little bubbles begin to form on the surface.
5. Grease an egg ring (or any other circular utensils you may have) with oil. Wipe a little oil around a large frying pan and place over a low heat.
6. Carefully spoon your batter mix into the egg ring. One or two spoonfuls is plenty, just so that it is level.
7. Cook on one side for 2 minutes and take off the ring and flip over the crumpets, then cook for 2 minutes on the other side. Re-grease and reheat the ring and pan before cooking the next. Repeat this process until you've used all the batter.
8. Set aside to chill and then toast to your preferred taste and lather with butter / jam or another spread of your choice! Suitable for freezing.



Low Protein Curried 'Lamb' Pies

Ingredients:

1 dessert spoon of Oil
100g Diced Carrot, Celery and Onion
100g Diced Potato (count as exchanges)
1tsp Garlic Purée
3tsp Garam Masala
1tsp Tomato Purée
200ml Boiling Water
1x62g sachet of Promin Low Protein Burger Mix Lamb and Mint Flavour
230g Promin Low Protein All Purpose Baking Mix (extra for dusting)
5g Salt
1 dessert spoon of Oil
60mls Water
1l Oil
Salad for garnish
For the sauce:
metaX Low Protein Yogumaxx
Mint Sauce
Diced Cucumber

Method:

For the filling:

1. Fry off the vegetables and potato in oil until lightly browned. Add in the garlic purée, garam masala and tomato purée continuously stirring to coat the vegetable mix.
2. Add 1 litre of water and allow the vegetables to simmer until soft. Stir in 1 sachet of burger mix.
3. Mix in with the vegetables until the powder begins to replicate a mince like consistency, once it has absorbed the water, add another litre and allow to simmer once more.

For the pies:

1. Place 250g Promin Low Protein All Purpose Baking Mix into a mixing bowl and stir in one dessert spoon of oil to form a paste.
2. Stir in 60mls of water until a clear pastry is obtained. Allow the pastry to rest for a few minutes before use. Cut the pastry into even parts and roll out on to a floured surface.
3. Place a spoonful of your filling onto the rolled out pastry. Gently brush the circumference of the pastry with water to help it stick and make a case ensuring the filling is sealed and cannot escape during cooking.
4. Gently drop into a boiling pan of oil at 180°C and cook, turning occasionally until crisp golden brown.
5. Serve with salad and raita dip made using metaX Low Protein Yogumaxx, a teaspoon of mint sauce and some diced cucumber.



Low Protein Apple and Sage Sausage Rolls

Ingredients:

100g Promin Low Protein
All Purpose Baking Mix

50g Vitalite or any other
suitable spread

Dash of Cold Water

1x30g sachet of Promin Low
Protein Apple and Sage
Sausage Mix

30ml Water

Dessert spoon of Oil

Method:

1. To make a rough puff pastry, combine Promin Low Protein All Purpose Baking Mix and spread in a bowl and rub in together so that you get a crumble consistency.
2. Gradually add in small amounts of water until the mixture starts to come together and form a dough. Cover with cling film and leave in the fridge for 20 minutes.
3. Meanwhile mix a sausage mix sachet with 50ml of water and allow it to set before moulding into sausage shapes, add a little more water if required to do so.
4. Add a dessert spoon of oil to a pan and gently fry off the sausages until cooked.
5. When 20 minutes is up, pre heat the oven to 180°C and gently roll the pastry into squire shapes on a lightly floured surface and place the sausage on top of the pastry.
6. Roll the pastry over the sausage, making slight incisions in the pastry to allow air to get through and cook evenly.
7. Place on a baking tray and bake for 20 minutes, or until pastry is golden and flaky.

Promin Chef tip:

- Serve as part of a meal or a snack! These are also great for parties if you cut them into bite size cocktail sausage rolls!



Low Protein Buffalo Cauliflower Wings

Ingredients:

85g Promin Low Protein
All Purpose Baking Mix
30g Cornflour or Cornstarch
1tsp Garlic Powder
1tsp Onion Powder
1tsp Paprika
½ tsp Salt
180ml Water
1 Cauliflower
Buffalo Sauce for brushing

For the sauce:

4tbsp Butter
2tsp Brown Sugar
1tsp Honey
1tsp Siracha
1tsp Cayenne Pepper
1tsp Paprika

Method:

1. Slice up the cauliflower into decent size florets so that they don't go missing in the batter.
2. Make up the batter by whisking together the Promin Low Protein All Purpose Baking Mix, the cornflour, onion granules, garlic granules, paprika and salt, and the water and mix until smooth.
3. Gently stir in the cauliflower and coat each floret in the batter and place on a baking sheet. Drain any excess batter and ensure each floret is coated evenly by moving them around the tray. Place in the oven and bake for 15 minutes.
4. Whilst they are in the oven, to make the buffalo sauce, melt the sugar in a saucepan with the brown sugar, add a teaspoon of honey, a teaspoon of siracha, 1 teaspoon of cayenne pepper and 1 teaspoon of paprika.
5. Bring to a simmer and remove from the heat.
6. Remove the cauliflower and brush with the sauce, turn the florets over and brush again, place in the oven to bake for a further 10 minutes.
7. Serve as a perfect snack whilst hot with your favourite dipping sauce.

Best eaten when cooked but can be reheated in the oven/ air fryer for 5 minutes, they may just not be as crisped and crunchy as the first time!



Low Protein Toad in The Hole

Ingredients:

175g Promin Low Protein
All Purpose Baking Mix

½ teaspoon of Salt

2 ½ teaspoon of Baking Powder

45ml Oil

280ml Water (use 80ml boiling
to dissolve the stock cube)

1 Stock Cube (vegetable beef
or chicken, to help the mixture
colour whilst cooking)

2 x 30g sachets of Promin Low
Protein Sausage Mix

Method:

For the Sausages:

1. Empty the contents of sachets into a bowl. Add 50ml of cold water and mix together. Roll into sausage shapes on an oiled surface. Shallow fry, turning regularly for 3-4 minutes until cooked through.
2. Set aside whilst making the pudding base.

For the Pudding:

1. Preheat the oven to 230°C/gas 8. Mix all dry ingredients in a bowl and set aside.
2. Combine oil, water, and dissolved stock cube. Gradually whisk into dry mix until smooth.
3. Lightly grease a baking tray and heat in the oven for 3 mins until the mixture slowly starts to cook and rise.
4. Remove tray and insert pre-cooked sausages by slitting the batter and pushing them in.
5. Return to oven for 12–15 mins until golden and cooked through.

Promin Chef tip:

- Serve with sweet potato mash, vegetables and gravy.



Low Protein Savoury Pizza Muffins

Ingredients:

350g Promin Low Protein
All Purpose Baking Mix

75g Light Brown Sugar

8g Baking Powder

140g Margarine

2g Basil

2g Oregano

300ml Water

8tsp Pizza Topping

Optional: Grated low protein
cheese for topping

Method:

1. In a large bowl, blend together Promin Low Protein All Purpose Baking Mix, light brown sugar, baking powder, basil and oregano.
2. Rub in the margarine until the mixture resembles a crumble.
3. Slowly pour in water and mix using a hand whisk for about 2 minutes until you get a smooth batter.
4. Gently fold in the pizza topping.
5. Pipe or spoon the batter into baking cases, filling each one to about 0.5 cm ($\frac{1}{4}$ inch) below the top.
6. Swirl a small amount of pizza topping onto the top of each muffin. Optionally, sprinkle a little grated low protein cheese over the top.
7. Bake at 200°C for around 20 minutes, depending on muffin size or until golden and cooked through.



Low Protein Pancakes

Ingredients:

300g Promin Low Protein
All Purpose Baking Mix

30g Birds Custard Powder

A pinch of Salt

80g Sugar

6g Baking Powder

75mls Oil

450mls Water

Method:

Instructions for batter:

1. Blend all the dry ingredients together with the liquid ingredients and whisk until a smooth batter is obtained.
2. Leave to stand for 5 minutes.

Pancakes (American Style):

1. Pour approximately 4 dessert spoonfuls (per pancake) of batter into a lightly greased frying pan.
2. Cook until the base takes colour then flip over until an even colour has been obtained.

Pancakes (British Style):

1. Add more water to the mix to create a batter that will flow
2. Pour approximately 1 ladle (per pancake) of batter into a lightly greased frying pan to nearly fill the base of the pan.
3. Cook until the base takes colour then flip over until an even colour has been obtained.



Low Protein Doughnuts

Ingredients:

50g Butter

120ml Coconut Milk

2tbsp of Oil plus extra for frying

250g Promin Low Protein
All Purpose Baking Mix

100g Caster Sugar

1tsp Baking Powder

½ tsp Salt

Method:

1. Weigh out coconut milk and add butter.
2. Gently melt the butter over a low-medium heat in coconut milk, add 2 tablespoons of sunflower oil and mix.
3. Once combined, take off the heat and set aside.
4. In a separate bowl, combine Promin Low Protein All Purpose Baking Mix, half of the sugar, baking powder and salt with a fork.
5. Make a well in the centre and gradually pour in the butter mixture. You may not need all of it based in the consistency of the dough. Combine the mix until a thick dough forms.
6. Using your hands, roll dough into little flat balls and with your thumb, press a hole in the centre of each doughnut.
7. Heat up oil in a pan. To know when it's hot enough, fry a little bit of bread in the oil. If it goes brown and floats to the top, in 45-50 seconds the oil will be ready!
8. Gently lay the doughnuts into the oil using a spatula. Fry for about 3-5 minutes on each side, until golden brown.
9. Transfer the doughnuts onto some tissue paper to soak up any excess oil.
10. Roll the doughnut into a bowl of the remaining half of sugar.



Low Protein Apple and Raspberry Crumble

Ingredients:

For the filling:

3 Large Sweet Apples
120g Frozen Raspberries
100g Caster Sugar
Spoonful of Butter

For the crumble topping:

150g Promin Low Protein
All Purpose Baking Mix
75g Butter
75g Light Brown Sugar
Serve with Promin Low Protein
Custard Dessert

Method:

1. Cut 3 large apples into bite size chunks, and place into a pan on a low heat.
2. Stir in a spoonful of butter to help soften the apples.
3. Add in the frozen raspberries and caster sugar and cook until softened. Make sure your apple still has some bite as it will carry on cooking in the oven.
4. Remove the mixture from the heat once it is deep in colour and appropriately softened. Allow to cool slightly.
5. For the crumble mix together 150g of all purpose baking mix with 75g butter. The best way to achieve a breadcrumb texture is to rub the butter into the flour using your hands.
6. Stir in the 75g brown sugar.
7. Layer the filling into a suitable oven proof dish, make sure the filling is cool enough before topping with the crumble mix, otherwise the crumble mix will sink into the filling.
8. Spread the crumble mix evenly across the fruit and bake in the oven at 200°C for 15 minutes or until the topping is golden.
9. Serve with Promin Low Protein Custard Dessert.



Low Protein Churros

You can make this recipe using an electric churro maker or in a pan.
Delicious served warm or cold
– they're truly irresistible!

Ingredients:

200g Promin Low Protein
All Purpose Baking Mix
50g Margarine
100mls Water
2tsp Baking Powder
30g Light Soft Brown Sugar
2tsp Vanilla
Little extra baking mix to shape
Vanilla Sugar to sprinkle
Vegetable Oil (if making churros
on the hob)

Method:

1. Add Promin Low Protein All Purpose Baking Mix to a large mixing bowl and combine with margarine. Mix well. Stir in the baking powder and light brown sugar. Keep mixing until smooth consistency.
2. In a separate jug, measure out water and stir in the vanilla. Pour this into the dry mixed ingredients.
3. Stir everything together until achieving a creamy consistency.
4. If making in an electric churro maker, simply pour the mixture in the churro maker until the churros are fried. Follow the instructions provided with the churro maker.
5. If making in a pan on the hob, preheat vegetable oil. Pour the mixture in a piping bag with an approximately 1cm diameter star nozzle and carefully start to pipe out the mixture into the heated oil. Using scissors snap the dough at approximately 10-15 cm in length.
6. Cook for approximately 5 minutes until golden. The texture should be light and crisp.
7. Remove the churros from the oil and drain on kitchen paper. Sprinkle with vanilla sugar.



Low Protein Chelsea Buns

Ingredients:

350g Promin Low Protein
All Purpose Baking Mix

200mls Water

60mls Veg Oil

7g Yeast (1 sachet)

25g Caster Sugar

For the Filling:

25g Melted Butter

60g Currants

25g Caster Sugar

Method:

1. Add the Promin Low Protein All Purpose Baking Mix, yeast and 25g caster sugar into a mixing bowl.
2. Mix the oil and water together in a separate bowl.
3. Add the oil and water mix into the flour mix and mix together until a smooth dough is created after 2-3 minutes.
4. Roll the dough out into a rectangle shape on a floured surface roughly 1cm thick.
5. Brush the melted butter over the rolled dough, sprinkle the currants over and sieve the sugar over the top.
6. Roll the dough into a Swiss roll shape and cut into slices roughly 100g each.
7. Place evenly onto a sheeted baking tray.
8. Cover and leave to rise in a warm place for 40 minutes or until they have swelled in size.
9. Bake in a preheated oven at 220°C for 15 minutes.
10. Cool on a tray or wire and dust with caster sugar before serving.



Low Protein Jam Tarts

Ingredients:

250g Promin Low Protein
All Purpose Baking Mix

125g Margarine

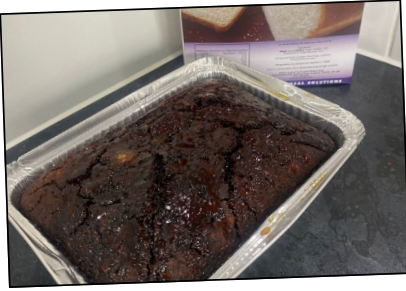
80ml Water

35g Caster Sugar or Light Soft
Brown Sugar

Suitable Jam and Fresh Fruit
for topping

Method:

1. Preheat the oven to 200°C.
2. Add the Promin Low Protein All Purpose Baking Mix to a mixing bowl and rub in the margarine until the mixture resembles fine breadcrumbs.
3. In a separate bowl, combine the water and sugar and pour this into the breadcrumb mixture. Mix well with a spoon until a soft dough is achieved. Leave to rest for a few minutes.
4. Knead the dough gently for a few minutes until smooth on a dusted work surface.
5. Roll out the pastry and cut out circles using cookie cutter. Carefully place each circle into a shallow cupcake tin. Spoon a small amount of your chosen jam into the centre of each tart.
6. Bake in a preheated oven at 200°C for 10–15 minutes, watching closely as the pastry is thin and can brown quickly. Once baked, transfer to a wire rack and allow to cool.
7. If desired, top with your favourite fruit.



Low Protein Sticky Toffee Pudding

Ingredients:

Pudding:

200g Chopped Dried Pitted Dates

1tsp Bicarbonate of Soda

200ml Boiling Water

80ml Neutral Oil

60ml Unsweetened Non-dairy Milk – coconut milk is the one with the least protein

60g Dark Muscovado or Dark Brown Soft Sugar

50g Treacle (or molasses)

150g Promin Low Protein All Purpose Baking Mix

2tsp Baking Powder

1tsp Ground Ginger

Pinch of Salt

Toffee Sauce:

120g Butter or Margarine (Plant-based flora in this recipe)

120g Light Brown Soft Sugar

25g Treacle (or molasses)

150ml Non-dairy Cream (e.g. Oat Cream)

Method:

1. Preheat the oven to 180°C/160°C fan (350°F) gas mark 4. Grease a 20–23cm (8–9in) square baking dish or divide into smaller dishes to freeze portions.
2. In a large saucepan simmer chopped dates, bicarbonate of soda and 200ml boiling water until softened. Set aside to cool.
3. In a jug mix oil, milk, muscovado sugar and treacle. Stir into cooled date mixture (do not drain liquid).
4. Blend mixture with a food processor or hand blender to break down large lumps.
5. In a separate bowl combine dry ingredients then gently fold in the date mixture until smooth.
6. Pour batter into prepared dish and bake 20–30 minutes until a skewer comes out clean.
7. For the sauce melt butter, brown sugar and treacle on low heat. Stir in cream and vanilla, then simmer until smooth.
8. Cool pudding for 10 minutes, prick holes, and pour over $\frac{1}{2}$ – $\frac{2}{3}$ of the sauce. Reserve the rest to reheat and serve.



Low Protein Gingerbread Men

Ingredients:

360g Promin Low Protein
All Purpose Baking Mix

1tsp Ground Ginger

½ tsp Mixed Spice

120g Margarine

120g Soft Brown Sugar

110g Golden Syrup

20ml Water

Method:

1. Preheat your oven to 180°C.
2. Weigh out Promin Low Protein All Purpose Baking Mix, ginger and mixed spice into a large mixing bowl and stir together.
3. Add the margarine and rub together until a breadcrumb like consistency.
4. Add the soft brown sugar and mix until combined.
5. In a separate small bowl mix together the golden syrup and water.
6. Combine the syrup mix with the all purpose baking mix until a dough is formed.
7. Cover the dough and chill in a fridge for at least 30 minutes.
8. Roll out to ½ cm thick, cut out and place onto a lined baking tray.
9. Bake for 12 minutes.
10. Allow to cool on the baking tray and enjoy.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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