

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



Number of portion : 1

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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TARANIS

Tasty RECIPES



DALIA LIQUID



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



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.

