



PROMIN Newsletter

PROMIN NEWS

Spring 2025

Special points of interest:

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- Promin Pasta in Sauces
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- Recipe of the Month

It was an honour to welcome Navendu Mishra MP to Firstplay Dietary Foods in February 2025. Steve Fletcher and Tom Fletcher had the chance to discuss some pressing concerns, including SME manufacturing, opportunities for young people, as well as highlighting severe challenges within NHS supply chains for foods for special medical purposes.

Our conversations were incredibly productive, and we're grateful for the time Navendu took to engage with these important issues as well as his interest in inborn errors of metabolism.

Thank you for your support and for listening to the voices of local businesses and low protein community. Raising awareness about the inherited metabolic conditions in the UK is one of our top priorities!



Quick, Delicious & Low Protein: Discover the Delicious World of Promin Low Protein Pasta in Sauces

Are you looking for a meal that's both quick, delicious and tailored to your dietary needs? Promin Low Protein Pasta in Sauces are here to revolutionize your kitchen! Perfect for individuals managing protein intake, this range offers a variety of flavours including **Tomato, Pepper & Herb, Cheese & Broccoli and Moroccan.**

Each pack contains easy-to-prepare sachets of pasta and sauce, delivering a satisfying meal in minutes. With vibrant ingredients like mixed peppers, fragrant herbs and cheese, every bite is a burst of flavour. Whether you're juggling a busy lifestyle or simply seeking a guilt-free indulgence, Promin has you covered.

Why not explore the possibilities? Pair these sauces with your favourite low protein sides or experiment with creative recipes. Promin Low Protein Pasta in Sauces is more than a meal—it's a lifestyle choice that combines convenience, taste, and health.

Ready to try it? Let's make low protein mealtime exciting again!

Samples are available to request at www.prominpk.com/samples.

Enjoy!



Looking to change your current protein substitute? Look no further! **metaX XPhe minis** tablets are suitable for use in the dietary management of PKU/HPA. They are:

- ◆ Suitable from 7 years old
- ◆ Enriched with vitamins, minerals and trace elements
- ◆ Convenient and discreet
- ◆ Odour and flavour free
- ◆ Packed in sachets and quick to calculate: 1 sachet (24 tablets) equals 10g protein.
- ◆ Please request samples at www.prominpku.com/samples
- ◆ Product must be used under strict medical supervision. We will always contact patient's healthcare professional before sending samples out.



Our work outside the UK



Our partners in Argentina B-Life, provided incredible support of the local metabolic camp in Buenos Aires. Their dedication to providing care for metabolic families, who enjoyed Promin low protein bread made from Promin Low Protein All Purpose Baking Mix is truly commendable. We have remarkable admiration for the unwavering support and care they offer to their communities. Thank you, B-Life, for making a significant difference in the lives of so many. You can visit their web-site at <http://b-life.com.ar> to view the range of products available in Argentina.



Promin Recipe of the Month: Low Protein Crumpets



What you do

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 sift the all purpose baking mix, and 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 spoonful's is plenty, just so that 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. Set aside to chill and then toast to your preferred taste and lather with butter/ jam or **Taranis Low Protein Hazelnut Spread!** They freeze well!

What you need

400ml Coconut milk

1 tablespoon of Dried Yeast

1 teaspoon of Caster Sugar

300g of Promin All Purpose Baking Mix

1/2 teaspoon Bicarbonate Soda

Oil for greasing

1 teaspoon of Salt

Butter or Spread for serving

