

P R O M I N

CAKE MIXES

Delicious Low Protein Cakes
made easy with Promin Cake Mixes



A recipe collection for every occasion -
simple, tasty and made for you.



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 everyone deserves to enjoy the simple pleasure of a delicious homemade cake. Whether it's a celebration, an afternoon treat or simply an excuse to get baking, there's always room for something sweet!

This recipe booklet has been created to showcase the versatility of **Promin Low Protein Classic Cake Mix** and **Promin Low Protein Chocolate Cake Mix**, helping you transform these easy-to-use mixes into a delicious variety of low protein cakes, cupcakes and sweet treats.



From timeless favourites and fruity bakes to rich chocolate creations, we hope these recipes inspire you to get creative in the kitchen. Whether you're an experienced baker or just getting started, our cake mixes provide a simple base from which you can add your own flavours, toppings and finishing touches.

Each recipe has been chosen to bring variety, creativity and, most importantly, enjoyment to low protein baking. Because at Promin, we prefer to focus not on the limitations of a low protein diet, but on all the delicious possibilities it can offer.

So, grab your mixing bowl, preheat the oven and get ready to create something special!

Happy baking from our kitchen to yours.

Team Promin X



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Low Protein Victoria Sponge Cake

Ingredients:

500g Promin Low Protein
Classic Cake Mix

107g Margarine

200ml Water

For the filling:

100g Butter

200g Icing Sugar

150g Jam (Strawberry or
Raspberry)

Icing Sugar to decorate

Method:

1. Preheat oven to 180°C/160°C (fan) Gas Mark 4. Grease and line 8 inch/20cm sandwich tin.
2. Add cake mix to the bowl with the margarine and mix to form a crumble.
3. Add water and mix thoroughly till you have a smooth batter.
4. Divide mixture evenly between the tins and gently smooth the surface of the cakes.
5. Bake the cakes on the middle shelf of the oven for 20-25 minutes. The cakes are done when they are springy to the touch. Cool in the tins for 5 minutes then turn them out on to a cooling rack.
6. To make the filling, beat the butter until smooth then gradually add the icing sugar.
7. Spread the buttercream over the bottom of one of the cakes. Top it with the jam and sandwich the second sponge on top.
8. Dust with a little icing sugar before serving.



Low Protein Carrot Cake

Ingredients:

500g Promin Low Protein
Classic Cake Mix

110g Margarine

200mls Water

100g Grated Carrot

1tsp Mixed Spice

50g Sultanas

Method:

1. Mix cake mix with margarine until the mixture resembles bread crumbs.
2. Add water and mix until smooth.
3. Add grated carrot, mixed spice and sultanas.
4. Pour between 2 loaf tins and bake for 35-40 minutes at 180°C.



Low Protein Lemon and Blueberry Cupcakes

Ingredients:

500g Promin Low Protein
Classic Cake Mix

107g Margarine

200ml Water

1 Lemon (zest only)

For the filling:

150g Butter (softened)

300g Icing Sugar

1 Lemon (juice only)

12tsp Blueberry Jam

Blueberries to decorate

Method:

1. Preheat oven to 180°C/160°C (fan) Gas Mark 4. Line a muffin tin with cupcake cases.
2. Add cake mix to a bowl with the margarine and mix to form a crumble.
3. Add water and mix thoroughly till you have a smooth batter.
4. Add in lemon zest.
5. Divide the mixture evenly between the cupcake cases.
6. Bake the cakes on the middle shelf of the oven for 20-25 minutes until they are springy to the touch. Put them on a wire rack to cool completely.
7. To make the buttercream mix together the icing sugar and butter then add the lemon juice and mix until smooth.
8. Cut a small cone shape out of each cupcake.
9. Add 1tsp of blueberry jam to fill the hollow.
10. Apply a large spoonful of buttercream to the top of the cakes and smooth using a knife or spoon.
11. Add blueberries to decorate.



Low Protein Banana and Cranberry Cake

Ingredients:

500g Promin Low Protein
Classic Cake Mix

1 medium sized Banana

2tsp of Cranberry Sauce

Method:

1. Mix 500g of the cake mix, replacing the margarine with 1 medium size banana and a 2 teaspoons of cranberry sauce.
2. Stir in 200ml of water to the dry cake mix until a smooth batter is formed.
3. Place into your desired cake tin and cook in the oven for 30 minutes at 190°C.
4. Remove from the oven allow to cool or enjoy warm!



Low Protein Chocolate Coffee Cake

Ingredients:

500g Promin Low Protein
Chocolate Cake Mix

115g Margarine

2tsp of Coffee

150g Icing Sugar
(plus extra for dusting)

Method:

1. Mix 500g of chocolate cake mix with 115g of margarine.
2. Add two teaspoons of coffee granules to 200ml of boiling water and allow to cool. Once cooled stir in to the dry cake mix until a smooth batter is formed.
3. Place into your desired cake tin and cook in the oven for 30 minutes at 190°C.
4. Whilst the cake is cooking mix 1 teaspoon of coffee granules to 1 tablespoon of warm water and stir until dissolved - stir into 150g of icing sugar.
5. Once the cake is cooked allow it to cool and using a toothpick put holes in the top before pouring on the coffee icing.
6. Dust with Icing sugar.



Low Protein Lemon Drizzle Cake

Ingredients:

225g Promin Low Protein
Classic Cake Mix

80g Margarine

150g Water

1 Lemon

100g Sugar

Method:

1. Preheat oven to 180°C.
2. Rub the classic cake mix with the margarine to form a crumble like mixture.
3. Add 2/3 of the water and mix to make a batter then slowly add the rest of the water whilst mixing.
4. Grease a loaf tin.
5. Add the classic cake mix to the tin.
6. Bake at 180°C for 35 minutes.
7. Whilst baking, mix the juice of 1 lemon with the sugar to make the topping.
8. When the cake comes out of the oven poke holes in it and pour over the topping while cake is still hot and leave to cool in tin.



Low Protein Marble Cake

Ingredients:

55g Promin Low Protein
Chocolate Cake Mix

150g Promin Low Protein
Classic Cake Mix

70g Margarine

135g Water

Method:

1. Preheat oven to 180°C.
2. Rub the classic cake mix with the margarine to form a crumble like mixture.
3. Add 2/3 of the water and mix with an electric whisk until smooth.
4. Slowly add the rest of the water whilst mixing.
5. Repeat the previous steps to make the chocolate cake.
6. Grease a 400g loaf tin.
7. Add the classic cake mix to the tin dispersing the chocolate cake throughout the cake.
8. Swirl the cake a little with your finger being careful not to mix too much.
9. Bake in a pre-heated oven for 40 minutes.



Low Protein Fruit Cake

Ingredients:

500g Promin Low Protein
Classic Cake Mix

115g Margarine

100g of Dried Mixed Fruit

150g Icing Sugar

Method:

1. Mix 500g of cake mix with 115g of margarine.
2. Stir in 200ml of water to the dry cake mix until a smooth batter is formed.
3. Pour in 100g of dried mixed fruit and mix evenly.
4. Place into your desired cake tin and cook in the oven for 30 minutes at 190°C.
5. Mix 1 tablespoon of water with 150 grams of icing sugar.
6. Remove from the oven and using a toothpick put holes in the top of the cake.
7. Once cooled, pour over the icing sugar and allow it to set before serving.



Low Protein Apple & Cinnamon Crumble Cake

Ingredients:

For the cake:

250g Promin Low Protein
Classic Cake Mix

30g Margarine

150ml suitable low protein milk
substitute

1tsp ground cinnamon

1tsp vanilla extract

1 medium cooking apple, peeled,
cored and finely diced

For the crumble topping:

60g Promin Low Protein
Classic Cake Mix

30g Margarine

25g soft brown sugar

½ tsp ground cinnamon

Method:

1. Preheat the oven to 180°C / 160°C fan / Gas Mark 4. Grease and line a small round cake tin.
2. Prepare the cake batter using the cake mix, margarine and low protein milk substitute.
3. Stir in the cinnamon and vanilla extract, then gently fold through the diced apple.
4. Spoon the mixture into the prepared tin and smooth the surface.
5. For the crumble, rub the margarine into the cake mix until the mixture resembles breadcrumbs. Stir in the brown sugar and cinnamon.
6. Scatter the crumble generously over the cake.
7. Bake for approximately 30–35 minutes, or until the cake is golden and cooked through.
8. Leave to cool slightly before removing from the tin.
9. Serve on its own or warm with a suitable low protein custard or dessert accompaniment.



Low Protein Christmas Bundt Cake

Ingredients:

500g Promin Low Protein
Classic Cake Mix

100g Margarine

200ml Water

100g Golden Syrup

50g Cranberries

1tbsp Mixed Spice

Vanilla Frosting (optional)

Christmas Sprinkles (optional)

Method:

1. Preheat your oven to 190°C.
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.

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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www.prominpku.com

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