

MySnack

YOGURTMA+X



PLUS CALCIUM

Recipes
low protein



Hi, I am Yogu! YoguMaxx.

Take my word: I will enhance your diet by my unique taste and my great diversity! It is really easy to prepare me and you will definitely always succeed.

You can enjoy me straight away – or you can add just a little sugar or honey and some delicious fruits of the season. And: You can also enjoy me as a smoothie or even as an ice cream variety.

And even that is not all you can do with me! I can be savoury, too! When combined with herbs and spices, I turn into a tasty dip and I do great with any kind of bread and can complete many savoury dishes.

Prepare me, try me and look forward to delicious recipes with me!

Yours sincerely

Yogu – YoguMaxx

and the *metaX-Team*

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Things to know about YoguMaxx

- low protein instant powder with yoghurt flavour
- quick and easy to prepare, easily soluble, versatile
- ideal basis for the preparation of a low protein alternative to yoghurt
- can also be used for preparing smoothies, sweet crèmes and fruity desserts as well as savoury dips and hearty spreads
- free on a low protein diet
- 87 mg Calcium per 100 g prepared serving
- easy measuring – 8,5 g scoop provided
- approx. 23 servings à 17 g per tin
- PIP Code – 407-4159



YoguMaxx
in 400 g tin

YoguMaxx – produced by:



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Calculations based on: Nutritional values table, 10th edition (Committee on Pediatric Dietetics, APD, Germany)

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NUTRITION INFORMATION

YoguMaxx		100 g	17 g ¹	100 g ²
Energy	kJ	1768	301	257
	kcal	422	72	61
Fat	g	18	3	2,6
of which saturates	g	4	1	1
Carbohydrate	g	58	10	8
of which sugars	g	5	1	1
Fibre	g	9	2	1
Protein	g	0,5	0,1	0,1
Salt	g	0,8	0,1	0,1

Minerals

Potassium	mg	212	36	31
Calcium	mg	601	102	87
Phosphorus	mg	18	3	3

FURTHER NUTRITION INFORMATION

Amino acids

L-Phenylalanine	mg	16	3	2
L-Leucine	mg	31	5	5
L-Tyrosine	mg	29	5	4
L-Methionine	mg	10	2	1

¹ 1 serving: 17 g YoguMaxx + 100 ml water

² 100 g of the product prepared as under ¹

Usage of YoguMaxx

- For one serving just stir with a whisk 17 g of YoguMaxx into 100 ml of water in a small bowl.
- Let chill for approx. 30 minutes.
- YoguMaxx can be modified in many different ways: Instead of water you can choose, for example, cream, low protein milk substitute (e.g. Taranis Dalia Milk), coconut drink or rice drink for preparing YoguMaxx.
- Ready-made YoguMaxx can be refined – if desired – by addition of vegetable cream substitutes, crème fraîche or mascarpone.
- For savoury variations the ready-made YoguMaxx can be mixed with mayonnaise, crème fraîche or sour cream.



SWEET AND FRUITY

Fruit-Smoothie

INGREDIENTS

		Exchanges
17 g	YoguMaxx	-
100 ml	water	-
100 ml	Taranis Dalia Milk	-
10 g	sugar or vanilla sugar	-
100 g	fruits, fresh or frozen	-
	Optionally: ice cubes	-

approx. 360 g

PREPARATION

- In a small bowl mix together YoguMaxx and water with a whisk. Let chill for 30 minutes.
- Depending on size cut fruits into pieces.
- Put YoguMaxx (the prepared product), milk substitute, sugar and fruits into a high jar and purée all.
- Fill smoothie into a glass and add ice cubes, if desired. Enjoy!



Straciatella-Crème with strawberries

INGREDIENTS		Exchanges	2 servings
100 ml	water	-	
17 g	YoguMaxx	-	
40 g	mascarpone	2	
30 g	sugar	-	
15 g	Schoxxi, low protein chocolate substitute	-	
100 g	strawberries, fresh	-	

PREPARATION

- In a small bowl mix together water, YoguMaxx, mascarpone and sugar with a whisk and let chill for 30 minutes.
- Chop Schoxxi finely and fold into the crème.
- Quarter strawberries and – into 2 big or 3 small glass bowls – place them alternating the layers.

Tip

- ✓ Tasty also with blueberries, raspberries, apricots or peaches.

Coco-Banana-Yogu

INGREDIENTS		Exchanges	2 servings
100 ml	suitable coconut drink	-	
17 g	YoguMaxx	-	
50 g	banana	-	
1 tsp	lemon juice	-	
20 g	honey or sugar	-	

PREPARATION

- In a small bowl mix together coconut drink and YoguMaxx with a whisk and let chill for 30 minutes.
- Mash banana with a fork and stir together with lemon juice, honey or sugar into YoguMaxx (the prepared product).
- Portion Coco-Banana-Yogu into 2 small glass bowls and enjoy.

Tip

- ✓ Coco-Banana-Yogu can also be garnished with chopped Schoxxi (metaX).



Berry-Lasagne with Yogu-Crème

INGREDIENTS		Exchanges
100 ml	water	-
17 g	YoguMaxx	-
40 g	crème fraîche	1
10 g	sugar	-
80 g	Promin Taranis, low protein cookies	-
80 g	mixed berries, fresh or frozen, e.g. blueberries, currants or raspberries	-

2 - 3 servings

PREPARATION

- In a small bowl mix together YoguMaxx and water with a whisk and let chill for 30 minutes.
- Then stir in with a whisk crème fraîche and sugar.
- Put cookies into a blender and mix. Let frozen berries thaw slightly.
- Place alternating layers of Yogu-Crème, cookies crumbs and berries into 2 big or 3 small glass bowls.

Frozen Yogu Blueberry

INGREDIENTS		Exchanges
100 ml	water	-
17 g	YoguMaxx	-
100 g	frozen fruits, e.g. blueberries	-
40 g	sugar	-

1 - 2 servings

PREPARATION

- In a small bowl mix together YoguMaxx and water with a whisk.
- Add blueberries and sugar and stir vigorously. Serve directly.

Tip

- ✓ *Tasty also with frozen raspberries or red currants.*



HEARTY AND SAVOURY

Cucumber-Smoothie

INGREDIENTS

	Exchanges
17 g YoguMaxx	-
100 ml water	-
100 g cucumber, peeled	-
50 ml icecold water	-
dill, paprika powder hot	-
Also: ice cubes	-

approx. 250 g

PREPARATION

- In a small bowl mix together YoguMaxx and water with a whisk. Let chill for 30 minutes.
- Cut cucumber into small cubes.
- Put YoguMaxx (the prepared product), cucumber, water, dill and paprika powder into a high jar and purée.
- Fill smoothie into a glass and add 1 - 2 ice cubes. Enjoy!

Yogu-Chives-Dip

INGREDIENTS

	Exchanges
17 g YoguMaxx	-
80 ml water	-
20 g crème fraîche	½
10 g chives	-
½ garlic clove (3 g), peeled	-
1 tsp lemon juice	-
salt, pepper	-

approx. 130 g

PREPARATION

- In a small bowl mix together YoguMaxx, water and crème fraîche with a whisk. Let chill for 30 minutes.
- Cut chives into fine rolls.
- Mix YoguMaxx (the prepared product) and chives. Stir in pressed garlic together with lemon juice.
- Season with salt and pepper.



Tzatziki

INGREDIENTS		Exchanges
17 g	YoguMaxx	-
80 ml	water	-
20 g	mayonnaise	-
80 g	cucumber, peeled, without seeds	-
1 tsp	olive oil	-
½	garlic clove (3 g), peeled	-
	dill, salt, pepper	-

approx. 190 g

PREPARATION

- In a small bowl mix together YoguMaxx, water and mayonnaise with a whisk. Let chill for 30 minutes.
- Grate cucumber coarsely, mix with ½ teaspoon salt and leave to stand for 20 minutes.
- Then place the cucumber into a sieve and squeeze out the liquid.
- Mix together YoguMaxx (the prepared product) and olive oil. Stir in pressed garlic together with the cucumber.
- Season with dill, salt and pepper.

Remoulade

INGREDIENTS		Exchanges
17 g	YoguMaxx	-
60 ml	water	-
40 g	mayonnaise	-
20 g	shallot (onion)	-
30 g	gherkin	-
5 g	mustard, medium strength	-
1 tsp	chives, fine rolls	-
1 tsp	parsley, finely chopped	-
	salt, pepper	-

approx. 170 g

PREPARATION

- In a small bowl mix together YoguMaxx, water and mayonnaise with a whisk. Let chill for 30 minutes.
- Cut shallot and gherkin into very fine cubes.
- Stir together YoguMaxx (the prepared product) and mustard. Fold in shallot, gherkin and herbs. Season with salt and pepper.



Horseradish-Cranberry-Dip

Ingredients	Exchanges	approx. 150 g
17 g YoguMaxx	-	
80 ml water	-	
20 g mayonnaise	-	
15 g horseradish, jar	-	
20 g cranberries	-	
salt, pepper	-	

PREPARATION

- In a small bowl mix together YoguMaxx, water and mayonnaise with a whisk. Let chill for 30 minutes.
- Stir together YoguMaxx (the prepared product), horseradish and cranberries.
- Season with salt and pepper.

Salad Dressing

INGREDIENTS	Exchanges	2 servings
100 g YoguMaxx, prepared	-	
2 tbsp Balsamic vinegar	-	
2 tbsp vegetable oil	-	
1 tsp mustard	-	
salt, pepper	-	
1 pinch sugar	-	

PREPARATION

- In a bowl mix thoroughly YoguMaxx, vinegar, oil, mustard, salt pepper and a pinch of sugar.

Variations

- ✓ *Spicy:* Stir in 1 finely chopped garlic clove.
- ✓ *Fresh:* Use lemon juice instead of vinegar, stir in 1 tablespoon chives rolls.
- ✓ *Asian:* Stir in ½ teaspoon grated ginger and 1 tablespoon chopped coriander.

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✓ in tablet form



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