

## **Low protein white sauce**

### **Ingredients**

35 g butter

35 g Loprofin Mix

500 mls of boiling water (just boiled)

1 vegetable stock cube\*

\*check protein content on label

### **Method**

1. Melt butter in a saucepan. Gradually add the Loprofin Mix and immediately begin stirring.

2. Add water slowly and continue to stir while adding.

3. Add one vegetable stock cube to mixture and continue to stir.

4. The flavour of the white sauce can be changed by adding curry powder, tomato ketchup, tomato sauce, herbs to the mixture.

This could be served with vegetables, potatoes or pasta or mixed with vegetables and used as a filling for a pie, lasagne or crumble.

**This recipe was sent in to us by a mum of child with PKU**