



Children's Health Ireland
at Temple Street

Metabolic.ie

National Centre for Inherited Metabolic Disorders

**LOW
Fat**

Recipes

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Apple Cake

Ingredients

- 180g or 6oz self-raising flour
- 100g or 3oz demerara sugar
- 60g or 2oz skimmed milk powder
- Half a teaspoon cinnamon
- 2 egg whites
- 1 tablespoon honey
- 1 tablespoon skimmed milk
- Pinch of salt
- 1 large cooking apple



Instructions

Pre-heat oven to gas mark 5/375°F/190°C.

- Sieve flour, skimmed milk powder, salt, cinnamon together
- Stir in sugar
- Whisk egg whites until frothy and add to dry mixture with honey and liquid milk
- Stir in sultanas
- Peel, core and shred apple and fold into mixture
- Pour into 1lb loaf tin and bake for 40 minutes then reduce heat to gas mark 3/325°F/165°C for a further 20 minutes

Apple Crisps



Ingredients

- 1 Granny Smith apple
- 1 tablespoon lemon juice

Instructions

- Do not peel; slice the apple into wafer thin slices, preferably with a mandolin
- Pre-heat the oven to its lowest setting or warm
- Lay on a non-stick baking tray, do not overlap, and brush lightly with lemon juice
- Put in the oven and leave to dry out for 45 minutes until they become firm and pale gold, prop open the oven door if it gets too hot
- Remove and leave on a wire rack to cool and crisp.

Chocolate Cake

Ingredients

180g or 6oz plain flour
½ teaspoon baking soda
30g or 1oz unsweetened cocoa
½ teaspoon salt
30g or 1oz corn flour
180g or 6oz sugar
1 teaspoon baking powder
3 egg whites
170g/6oz light or dark corn syrup
250ml water



Instructions

Preheat oven to gas mark 4/350°F/180°C

- Lightly oil 9" x 9" pan with MCT oil
- In a large bowl, combine flour, cocoa, cornstarch, baking powder and salt
- In a medium bowl, with a wire whisk or fork, stir sugar and water for 1 minute
- Add egg whites and corn syrup; stir until blended
- Gradually stir in dry ingredients until smooth
- Pour into pan

- Bake for 35 minutes or until toothpick inserted into middle comes out clean

Pancakes

Ingredients

½ litre (¾ pint) skimmed milk

300g–350g or 10-12oz plain or self raising flour

2 egg whites

1-2ml MCT oil



Instructions

- Add the milk to the flour, then either stir with a fork or blast for 30 seconds in liquidiser
- Add the egg white and mix again
- Heat your pan up to ¾ heat, (not full), add 1 or 2 ml of MCT oil (you can do without once you have mastered the technique) and quickly smear it around the pan with kitchen roll
- As you begin to see smoke, add a dollop of the pancake mix (soup serving spoon size) in the middle of the pan while describing a spiral which will help with equal spreading of the mix to the edges of the pan as you briefly tilt it all the way around

- Occasionally lift the edges of the pancake by means of a suitable flat culinary instrument and turn over completely when tanned (Warning- the mix makes it more difficult to toss than the normal type)
- Repeat the lifting checks. One minute on each side is usually sufficient. If you feel your mixture is too runny, add more flour
- For the next pancakes, DO NOT add any more oil (in fact you may discard it if so wished)
- Serve with a suitable fat free topping of your choice e.g. lemon juice and sugar, syrup, jam, honey or savoury.

Pavlova/Meringues

Ingredients

2 egg whites

120g or 4.5oz castor sugar

Fat free yoghurt

Fruit of choice e.g. kiwi, strawberries, raspberries, banana etc.



Instructions

- Beat the egg whites stiffly
- Add the caster sugar and beat in
- Place the meringue mix on greaseproof paper on a flat surface and shape so that it is slightly hollow in the centre
- Bake in a very cool oven
- Allow to cool and then fill with fat free yoghurt
- Top off the meringue with chopped fruit

Rice Krispie Cakes

Ingredients

2 tablespoons Golden Syrup

2 tablespoons caster sugar

Rice Krispies



Instructions

- Heat syrup and sugar until sugar dissolves
- Stir in Rice Krispies
- Spoon into paper cases
- Leave to harden

Sponge

Ingredients

4 egg whites

90g or 3oz flour

60g or 2oz caster sugar

1 teaspoon baking powder

Flavouring- vanilla, coffee, orange rind



Instructions

- Whisk egg whites until stiff
- Add sugar and flavouring
- Fold in sifted flour carefully
- Bake at gas mark 4/350°F/180°C for 10-15 minutes

Tea Scones



Ingredients

- 4 rounded tablespoons self-raising flour
- 2 level tablespoons skimmed milk powder
- 1 level dessertspoon caster sugar
- Half a level teaspoon cream of tartar
- 1 egg white
- Pinch of salt
- 1 tablespoon sultanas
- Skimmed milk

Instructions

Pre-heat oven to gas mark 8/450°F/230°C

- Mix dry ingredients together, whisk egg whites and stir into mixture with sultanas
- Add a little liquid milk to make dough soft
- Roll out to half-inch thickness, and mark with a cross. Transfer to a non-stick baking tray and cook 10-15 minutes. Spread with jam and eat while warm

Turkey and Spinach Pasta



Ingredients

250g turkey breast fillets (minced)

2 onions (1 for sauce)

1 clove garlic

½ pint vegetable stock

Salt & pepper

3 large handfuls spinach

Approx. 1 tablespoon plain flour

Approx. 1 pint of skimmed milk

Pasta spirals/shells

½ glass of white wine (optional)

Breadcrumbs

Instructions

- Finely chop 1 small onion and cook until soft in a little water in frying pan
- Add the minced turkey, season, add the stock, wine (optional) and crushed garlic
- Simmer for approx. 20 minutes until the mixture has reduced down
- Taste & adjust seasoning
- Place the mixture in the bottom of an oven proof dish

- Wash and dry the spinach thoroughly, and chop. Mix it uncooked into the turkey mixture in the dish
- Next cook the pasta separately in a pan of water, drain and tip the spirals over the turkey and spinach mixture
- To prepare the sauce, take the pint of milk, and one chopped onion, season and simmer until the onion is tender, thicken the sauce using approx. 1 tablespoon of plain flour dissolved in a little skimmed milk. Allow to cool a little and blend the sauce until smooth
- Pour over the pasta and turkey
- Sprinkle with bread crumbs and bake in a hot oven at gas mark 5/375°F/190°C for 10 minutes

(NOTE: Spinach releases water and cooks rapidly so you will not need much fluid at the bottom of the dish with the turkey)



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