



LOVE REAL FOOD

18 LOW PROTEIN RECIPES FOR
THE WEANING STAGE AND BEYOND

WELCOME TO LOVE REAL FOOD

Historically the main focus of a low protein diet for metabolic conditions has been just that – keeping the diet low in protein. This has meant that the importance of a healthy diet has been less focused on. The Metabolic Dietitians from the National Centre of Inherited Metabolic Disorders (NCIMD) have recognised this and want to support parents to establish lifelong healthy eating habits in their child following a low protein diet. Love Real Food includes 18 healthy, low protein recipes developed and tested by the NCIMD Metabolic Dietitians.

The recipes use a combination of low protein foods available on prescription as well as regular foods from the supermarket. They include ways to easily add or remove exchanges from recipes using healthy foods you have at home, so that processed snack foods don't need to be used to make up exchanges. All recipes include nutrition information and all photos are of the actual recipe, so you know what to expect in the kitchen. Unlike other recipe books the recipes in Love Real Food show you how to use higher protein foods as exchange foods and use a wide range of low protein products, rather than one particular brand.

Love Real Food includes 18 recipes in three sections:

- *First tastes:* spoon feed recipes for the early stages of weaning.
- *Baby Led Weaning:* finger food recipes suitable for families that want to use a Baby Led Weaning approach.
- *Family friendly:* recipes for older babies and toddlers that can be shared with the whole family.



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TIPS FOR USING THIS BOOK

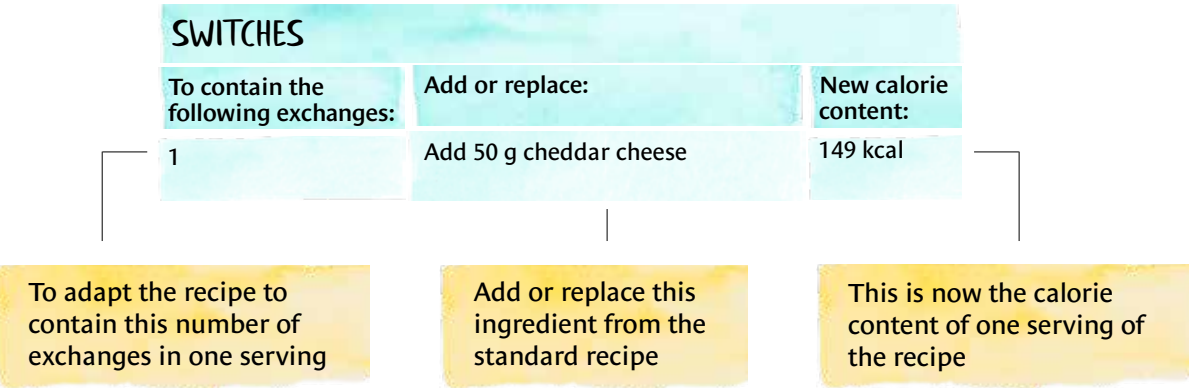
Exchanges are small amounts of natural protein which will be introduced to your child’s diet around 6 months (1 exchange = 1g protein). Your Dietitian will advise when and how many exchanges to introduce.

These recipes use high protein foods such as yoghurt, eggs, cheese and seeds as exchanges. It is important these foods are weighed or measured accurately as indicated in each recipe. A digital kitchen scale is essential.

For recipes that include exchanges, it is important each serving is similar in size. For recipes such as broccoli balls or fritters, the easiest way to do this is to weigh the final mixture and divide this weight by the number of servings the recipe makes. This will give you the weight of one serving. Weigh and prepare the first serving to this weight. The remainder of the recipe can be prepared to a similar size without the need for weighing.

The number of exchanges in one serving of the recipe is indicated by the flag at the top of the recipe. The size of one serving is indicated in the nutrition information panel.

While your child is growing the number of exchanges they are prescribed will often change. Each recipe includes a switches box which shows how the recipe can be adapted to be protein free or include exchanges.



RECIPES:

CREAMY SPICED SWEET POTATO
LENTIL PÂTÉ
COLCANNON
YOGHURT DROPS WITH BANANA PURÉE



EXCHANGES
1
PER SERVING

PREPARATION
5 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
6

INGREDIENTS

- > 450 g sweet potato
- > ½ teaspoon cinnamon
- > 60 g (3 level big blue scoops) oats

METHOD

1. Peel sweet potato and chop into small pieces
2. Cook chopped sweet potato in a saucepan of boiling water until soft. Remove and leave to cool slightly
3. Add cooled sweet potato, cinnamon and oats to a food processor and process until smooth. Add water as needed to achieve the desired puree consistency (similar to yoghurt)
4. Divide the mixture into 6 even servings

FREEZING

Individual servings of mixture can be divided into plastic containers when cooled and frozen for up to 3 months.



SWITCHES

To contain the following exchanges:	Add or replace:	New calorie content:
2 ex per serving	Add an extra 60 g (3 level big blue scoops) of oats	139 kcal (per 95 g serving)

The portion size of this recipe can be easily adjusted according to your child’s appetite and protein requirements. For example use 40 g (2 level big blue scoops) of oats and divide the mixture into 4 even portions. This makes 4 larger one exchange portions for a hungrier or older child.

NUTRITION INFORMATION

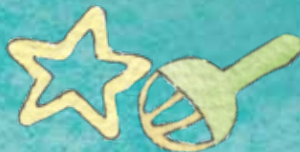
Serving size:	Approx. 85 g (1/6 of the recipe)
Exchanges:	1 ex per serving
Allergens:	Gluten
Calories:	102 kcal per serving

CREAMY SPICED SWEET POTATO



Other protein free vegetables can be used instead of or mixed with the sweet potato for variety.

Chef’s Top Tips



EXCHANGES
1
PER SERVING

PREPARATION
5 MIN
TIME

COOKING
15 MIN
TIME

SERVINGS
20

INGREDIENTS

- > 1/2 can cooked brown lentils (200 g), drained and rinsed
- > 1/3 brown onion
- > 2 teaspoons butter
- > 1 large clove garlic, finely diced

METHOD

1. Heat butter in a fry pan over low heat. Gently sauté onion and garlic until soft
2. Add lentils and heat until warmed through
3. Add lentil mixture to a food processor and blend until smooth
4. Season to taste with herbs, salt and pepper (not for children less than 1 year old).

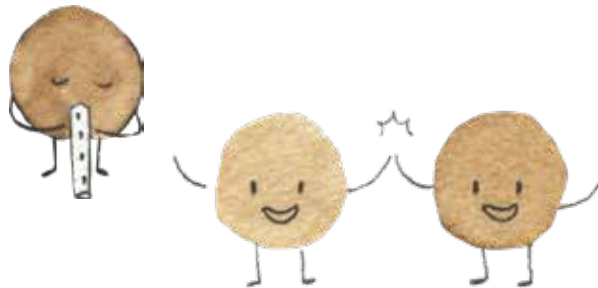
FREEZING

Divide into airtight plastic containers once cooled. Can be frozen for up to 3 months.

TIPS

- > Can be used as a puree for babies or as a dip for older children and adults. Serve as a dip with finger foods such as celery, carrot sticks and sliced pepper.

NUTRITION INFORMATION	
Serving size:	15 g (approx. 1 tablespoon)
Exchanges:	1 ex per serving
Allergens:	Butter (milk)
Calories:	19 kcal per serving



LENTIL PÂTÉ



Chef's Top Tips
This food can be used as a weaning food, just leave out the salt and pepper.

EXCHANGES
0
PER SERVING

PREPARATION
15 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
6

INGREDIENTS

- > 500 g sweet potato
- > 250 g cabbage, shredded
- > 4 tablespoons (60 ml) low protein milk
- > 1 large onion, thinly sliced
- > salt and pepper to taste
- > olive oil for frying

TIPS

- > Remember 80 g of sweet potato is protein free, but more than this needs to be counted as exchanges.

METHOD

1. Peel sweet potato, cut into pieces and boil until soft. Drain and set aside
2. Shred cabbage and steam until softened
3. Mash sweet potato, mix with cabbage and low protein milk
4. Season to taste with salt and pepper (not if preparing for a child under 1 year)
5. If preparing with exchanges (see switches below) swap the LP milk for cow's milk and add the Philadelphia cream cheese to the sweet potato and cabbage mixture.
6. Heat a small amount of oil in a fry pan over medium heat. Cook onions until soft and beginning to brown
7. Add sweet potato and cabbage mixture to fry pan with onion. Cook until slightly brown and starting to crisp, making sure to turn the mixture so that each side is cooked.

FREEZING

Freezes well. Leave to cool completely before freezing in an airtight container for up to 3 months.



NUTRITION INFORMATION	
Serving size:	1/6 of the recipe (approx. 175 g)
Exchanges:	0 per serving
Allergens:	Milk
Calories:	79 kcal per serving

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
1 ex per serving	Replace low protein milk with 60 ml cow's milk and add 90 g of Philadelphia cream cheese	160 kcal

COLCANNON

Also makes a great side dish for older children and adults.

Chef's Top Tips

EXCHANGES
1/2
PER SERVING

PREPARATION
10 MIN
TIME

FREEZING
1 HOUR
TIME

SERVINGS
6

INGREDIENTS

- > 90 g Glenisk low fat natural Biolive organic yoghurt (or alternative)
- > 1 banana

TIPS

- > Any yoghurt can be used in this recipe. Check the nutrition label, by using the amount of yoghurt that gives 3 g of protein across 24 yoghurt drops 4 drops will give ½ an exchange.
- > Plain Greek yoghurt contains less protein per 100 g so can be used to make bigger drops
- > Moulds can be bought from Nisbets Catering Equipment, in store (Dublin) or online <https://www.nisbets.ie> (search for Silicone Pomponette Mould 24 cup)
- > Substitute banana for any pureed or mashed fruit for variety.

METHOD

1. Weigh out 90 g of Glenisk yoghurt into a bowl. If using an alternative yoghurt adjust this portion to the amount required to give 3 g of protein (check the nutrition label)
2. Divide yoghurt evenly across a 24 hole silicone mould (see tips below) and freeze for 1 hour or until solid
3. Mash banana with a fork until only smooth or only small lumps remain
4. Add four frozen yoghurt drops to the purée.

FREEZING

Can be frozen, combine fruit with measured portion (4 drops) of yoghurt before freezing.



NUTRITION INFORMATION	
Serving size:	4 drops (15 g yoghurt) and banana puree
Exchanges:	½ ex per serving
Allergens:	Milk
Calories:	92 kcal per serving

YOGURT DROPS WITH BANANA PURÉE



Chef's Top Tips
This is great for teething to soothe sore gums.



NOTES



RECIPES:

YOGHURT BREAD AND BANANA

POTATO BREAD

OMELETTE

CHICKPEA FINGERS

CURRIED CHICKPEA FRITTERS

BROCCOLI BALLS

FLIPPING FANTASTIC SAVOURY PANCAKES



BABY LED WEANING

There has been a large increase in Baby Led Weaning (BLW) popularity in recent years and some parents want to know if they can use BLW with their baby on a low protein diet. The main differences between traditional and BLW practices are:

TRADITIONAL

Starts 4–6 months
Spoon fed by an adult
Pureed meals, progressing to lumps appropriately
Finger foods from 6 months as able

BABY LED WEANING

Starts 6 months
Baby self-feeds
Whole 'stick shaped' foods given

HOW TO COMBINE BLW WITH A LOW PROTEIN DIET

We recommend a balance between BLW and traditional weaning for babies that need a low protein diet. A balanced approach to weaning means:

- Giving your baby spoon feeds to begin with if your baby is ready to wean before 6 months of age.
- Progressing the texture of these spoon feeds and introducing appropriate finger foods at 6 months.
- Giving a mixture of spoon feeds and finger foods from 6 months on.
- Allowing your baby to self-feed where possible and decide when they are full.
- If you would like to use a BLW approach with your child get in touch with your their Dietitian for more advice.



THINGS TO REMEMBER IF YOU WANT TO TRY BLW AT HOME:

- Do not start weaning until your baby is showing signs of readiness. Your baby needs to be able to sit unsupported to safely eat finger foods. This does not occur until close to 6 months in most babies.
- Offer pieces of whole food the size and shape a baby can pick up easily (think thick chip sized).
- Check food is soft enough by trying it yourself – you should be able to squash it on the roof of your mouth with your tongue. If you can't, cook it a bit longer and test again.
- Avoid hurrying your baby, allow them to decide the pace they will eat.
- Never place solid food in your baby's mouth for them, this puts them at risk of choking.

ALWAYS FOLLOW BASIC SAFETY RULES:

- Make sure your baby is supported in an upright position, never leaning back while eating.
- Never leave your baby alone with food.
- Do not offer foods such as peanuts, popcorn, whole grapes or any food in a coin shape – they may choke.



EXCHANGES
1/2
PER SERVING

PREPARATION
10 MIN
TIME

COOKING
3 MIN
TIME

SERVINGS
1

INGREDIENTS

- > 1 slice low protein bread (homemade or commercial e. g. Promin)
- > 15 g Glenisk low fat natural Biolive organic yoghurt (or alternative)
- > ½ banana
- > cinnamon to sprinkle

TIPS

- Any yoghurt can be used in this recipe by adjusting the portion used. Always check the protein content by reading the nutrition label.
- Plain Greek yoghurt contains less protein per 100 g so can be used to allow a larger yoghurt portion.

METHOD

1. Preheat oven to 180°C
2. Weigh out 15 g (1 tablespoon) of Glenisk yoghurt into a bowl. If using an alternative yoghurt adjust this portion to the amount required to give 0.5 g of protein (check the nutrition label)
3. Spread yoghurt evenly over 1 slice of low protein bread
4. Chop up banana and spread evenly over yoghurt bread
5. Sprinkle with cinnamon
6. Place under hot grill for 2–3 minutes until warmed and golden, serve immediately.

FREEZING

Not suitable for freezing or storage, best to consume immediately.

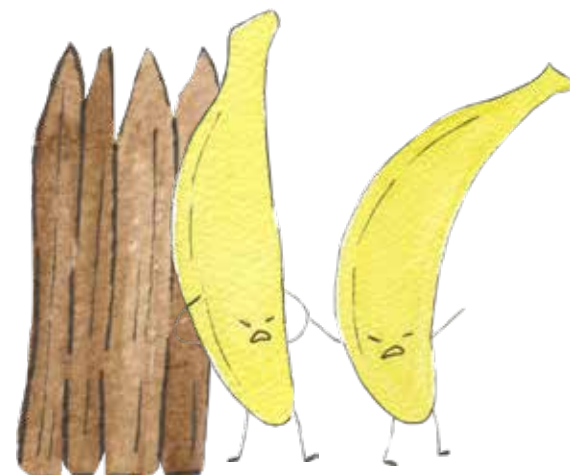
NUTRITION INFORMATION

Serving size: 1 slice

Exchanges: ½ ex per serving

Allergens: Milk

Calories: 118 kcal per serving



YOGURT BREAD WITH BANANA



Chef's Top Tips

Chef's Top Tips
Plain Greek yoghurt is lower in protein so you can have a larger yoghurt portion.

EXCHANGES
0
PER SERVING

PREPARATION
10 MIN
TIME

COOKING
35 MIN
TIME

SERVINGS
6

INGREDIENTS

- > 200 g low protein flour
- > 20 ml low protein milk
- > 100 ml water
- > 100 g peeled potatoes
- > 30 g butter, softened
- > 1 teaspoon salt
- > 1 teaspoon sugar
- > olive oil for brushing

Optional:

- > 1 clove garlic, crushed

METHOD

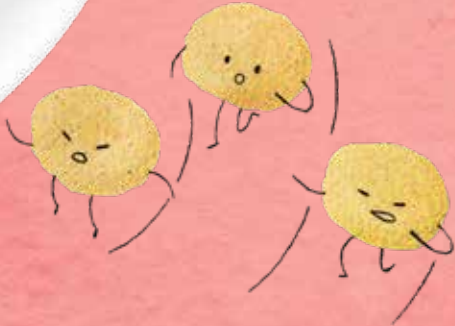
1. Preheat oven to 180°C
2. Cut the potato into small pieces. Cook in a saucepan of boiling water until soft. Drain and mash potato
3. Add the remaining ingredients (including the garlic if using) to the mashed potato and mix until smooth
4. Line a baking tray with paper and lightly grease with butter or spray oil
5. Pour mixture onto prepared tray, spread out using a fork to create a flat, even surface and square shape (the shape will make it easier to cut even portions once cooked)
6. Brush surface of bread with olive oil using pastry brush
7. Bake in hot oven for 20 minutes or until golden
8. When cooled cut into 6 even pieces.

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
1 ex per serving	Replace low protein milk and water with 130 ml regular cow's milk	187 kcal
2 ex per serving	Replace low protein milk and water with 130 ml regular cow's milk and add in 25 g cheddar cheese	204 kcal
2 ex per serving	Replace low protein milk and water with 130 ml regular cow's milk and add in 15 g parmesan cheese	198 kcal

NUTRITION INFORMATION

Serving size:	1 slice (approx. 80 g)
Exchanges:	0 ex
Allergens:	Gluten, milk
Calories:	178 kcal per serving

POTATO BREAD



Enjoy your homemade delicious quick bread!

Chef's Top Tips



EXCHANGES
1
PER SERVING

PREPARATION
15 MIN
TIME

COOKING
10 MIN
TIME

SERVINGS
6

INGREDIENTS

- > 50 g mushrooms, finely sliced
- > 50 g onion, diced
- > 1 tablespoon parsley, finely chopped
- > 75 g low protein flour
- > 1 teaspoon baking powder
- > 30 ml vegetable oil
- > additional vegetable oil for frying
- > 100 ml water
- > 1 medium egg (approx. 60 g)
- > 30 g grated vegan cheese e. g. Violife

METHOD

1. Heat a small amount of oil in a pan over medium heat. Gently fry onion and mushrooms in hot pan until softened. Remove from heat and stir through parsley
2. In a bowl combine low protein flour and baking powder. Add water and 30ml portion of oil. Mix using an electric hand beater on high for 1-2 minutes until smooth
3. In another bowl whisk the egg, then mix it into the omelette batter
4. Add in the grated cheese to the omelette batter (if preparing with additional exchanges see switches below)
5. Add mushroom, onion and parsley mix to batter. Mix until evenly combined
6. Heat a small amount of oil in a frying pan over medium heat. When heated add omelette mixture. Spread over base of pan and cook for 1-2 minutes or until firm and starting to brown on bottom. Flip using spatula and repeat on other side
7. Divide omelette into 6 even slices.



NUTRITION INFORMATION

Serving size:	1 slice (1/6 of recipe, approx. 47 g)
Exchanges:	1 ex per serving
Allergens:	Gluten, egg
Calories:	121 kcal per serving

SWITCHES

To contain the following exchanges:	Add or replace:	New calorie content:
2 ex per serving	Replace vegan cheese with 25 g regular cheddar cheese	138 kcal

LOW PROTEIN OMELETTE



Be creative with this classic and versatile meal!

Chef's Top Tips

EXCHANGES
2
PER SERVING

PREPARATION
10 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
14

INGREDIENTS

- > 75 g chickpea flour (gram flour)
- > 40 g seed mix (linseed, pumpkin seed, sunflower seed, sesame seed)
- > 125 ml water
- > 1 tablespoon olive oil
- > ½ teaspoon minced garlic
- > ½ tablespoon dried oregano

TIPS

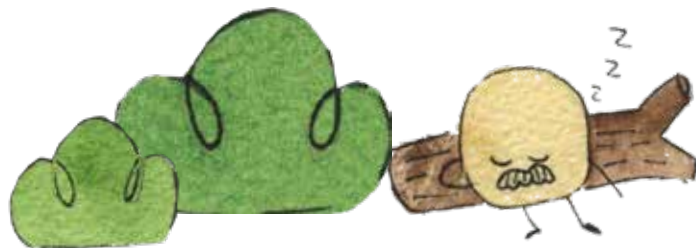
- > Chickpea flour is also known as gram flour and can be purchased from your local health food store.
- > Dried fruit such as raisins and spices such as cinnamon can be added for a different flavour without altering the protein content.

METHOD

1. Pre-heat oven to 200°C
2. Line a standard sized loaf tin with lightly greased baking paper
3. Grind seeds in a food processor with a fine blade(a coffee grinder works well) to form a powder consistency
4. Combine all ingredients in a bowl until mixed evenly
5. Press mixture into the loaf tin to create an even surface
6. Bake for 20 minutes or until firm to touch and lightly browned
7. When cooled cut chickpea bread into 14 evenly sized fingers.

FREEZING

This mixture can be frozen but does loose some of the crunchy texture when defrosted. Place cooled slices in an airtight container and freeze for up to 3 months.



NUTRITION INFORMATION	
Serving size:	1 finger (approx. 18 g)
Exchanges:	2 ex per serving
Allergens:	Seeds
Calories:	45 kcal per serving

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
1 ½ ex per serving	Omit seed mix	32 kcal

CHICKPEA FINGERS



Chef's Top Tips
This is an excellent finger food for Baby Led Weaning.



EXCHANGES
1
PER SERVING

PREPARATION
15 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
10

INGREDIENTS

- > 150 g Fate low protein all purpose mix
- > 1 teaspoon baking powder
- > 2 teaspoons of tomato paste
- > 1 red pepper
- > 150 g canned chickpeas (drained weight)
- > 2 spring onions
- > 4 teaspoons cumin
- > 2 teaspoons coriander
- > 120ml water
- > vegetable oil for frying
- > salt and pepper to taste

TIPS

- > Serve in a low protein bread roll and eat as a burger
- > Serve with a green salad topped with chutney or relish
- > Wear an apron when cooking as Fate mix is messy to work with.

METHOD

1. Combine the Fate all purpose mix, baking powder, spices in a bowl and mix well. Add a pinch of salt and pepper if making for children over 1 year
2. Combine tomato paste with water and mix until smooth. Add to dry mixture and mix well
3. Add chickpeas, spring onion and red pepper. Mix until evenly combined
4. Divide mixture into 10 even portions. Sprinkle each portion with Fate all purpose mix and form into a ball shape. Dip each ball into more Fate all purpose mix and flatten to a fritter shape
5. Heat oil in a frying pan over medium heat. Cook fritters in preheated pan until golden brown. Best served warm.

FREEZING

The fritters freeze well. Once cooled place in an airtight container and freeze for up to 3 months.

NUTRITION INFORMATION	
Serving size:	1 fritter (approx. 60 g)
Exchanges:	1ex per serving
Allergens:	Gluten
Calories:	114 kcal per serving

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
½ ex per serving	Replace the chickpeas with 175 g sweet corn	107 kcal

CURRIED CHICKPEA FRITTERS

Chef's Top Tips

Makes a great burger patty served in a low protein bread roll with relish and salad.

EXCHANGES
1
PER SERVING

PREPARATION
25 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
13

INGREDIENTS

- > 1 packet Loprofin crackers (150 g)
- > 300 g (about 1 head) broccoli
- > 2 small sized eggs (approx. 50 g each)
- > 1 tablespoon Loprofin whole egg replacer powder
- > 200 g grated low protein cheese e.g. Violife
- > ¼ brown onion, diced
- > 2 tablespoons chopped fresh parsley
- > salt and pepper
- > 3 tablespoons water

FREEZING

Balls can be frozen once cooled but they do lose the crispy outside texture when defrosted. They can be re-heated in a non-stick frying pan to become crispy again.

TIPS

- > Choose a low protein/vegan cheese that melts (e.g. Violife Mozzarella) to help the balls stick together..
- > To make even sized balls weigh the final mixture, divide this by 13 to get the weight of a single ball. Prepare the rest of the balls to a similar size.

NUTRITION INFORMATION	
Serving size:	1ball (approx. 60 g)
Exchanges:	1 ex per serving
Allergens:	Egg
Calories:	125 kcal per serving

METHOD

1. Pre-heat oven to 200°C. Line an oven tray with baking paper
2. Bring a kettle of water to the boil
3. Cut broccoli into florets, place in a large bowl and cover with boiling water for one minute, then drain well
4. Blend Loprofin crackers in food processor until they reach the consistency of coarse bread crumbs, set aside
5. Blitz softened broccoli in food processor for a few pulses until broccoli is chopped finely but not pureed
6. In a large bowl combine Loprofin crackers, broccoli, eggs, cheese and onion. Salt and pepper can be added for older children and adults
7. Mix 3 tablespoons water with egg replacer until smooth. Combine with other ingredients. Mix all ingredients until evenly combined
8. Roll mixture into 13 evenly sized balls and place onto lined oven tray. The mixture can be crumbly when forming the balls. Wetting your hands regularly helps. Additional egg replacer mixed with water can be added to help bind the mix without adding protein, if needed
9. Cook for 20 minutes or until browned. Turn balls over after around 10 minutes of cooking.

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
1.5 ex per serving	Replace Loprofin egg replacer with 1 small (approx. 50 g) egg (3 eggs total in the mixture)	122 kcal
2 ex per serving	Replace 60 g low protein cheese with 60 g regular grated Mozzarella	123 kcal
3 ex per serving	Replace 120 g of low protein cheese with 120 g regular grated Mozzarella	123 kcal

BANGING BROCCOLI BALLS

Chef's Top Tips

Delicious served with tomato relish, check the protein content before eating.

EXCHANGES
1
PER SERVING

PREPARATION
15 MIN
TIME

COOKING
15 MIN
TIME

SERVINGS
3

INGREDIENTS

- > 120 g Fate low protein all purpose mix
- > 30 g regular self rasing flour
- > 30 g butter, room temperature
- > 210 ml Prozero milk
- > 1 spring onion, finely diced
- > 1 red pepper, finely diced
- > 1 tablesoon dried mixed herbs
- > ¼ teaspoon turmeric (for colour)
- > oil for frying

METHOD

1. Combine Fate all purpose mix, regular flour, turmeric, mixed herbs and butter in a large mixing bowl
2. Rub butter through mixture with your fingers until you achieve a sand like texture
3. Add Prozero milk, spring onion and pepper to the mixture. Mix until smooth and evenly combined
4. Heat oil in a non stick pan over medium heat
5. Weigh total mixture using a kitchen scale. Measure out three evenly weighed portions of mixture into separate bowls
6. Ladle or spoon one bowl of mixture into the pan into three evenly sized pancakes. Cook for 3–4 minutes, flip and repeat until golden
7. Repeat with the remaining batter. The recipe makes 9 pancakes.

TIPS

- > Serve with mixed vegetables. A great way of getting extra vegetables into the diet.

FREEZING

Not suitable for freezing.

NUTRITION INFORMATION			
Serving size:	3 pancakes (approx. 215 g)		
Exchanges:	1 ex per serving		
Allergens:	Gluten, milk		
Calories:	387 kcal per serving		

SWITCHES			
To contain the following exchanges:	Add or replace:	New calorie content:	
2 ex per serving	Increase regular flour to 60 g, reduce low protein flour to 90 g	387 kcal	
2 ex per serving	Or replace 90 ml Prozero with 90 ml regular cow's milk (total 120 ml Prozero, 90 ml cows milk)	387 kcal	

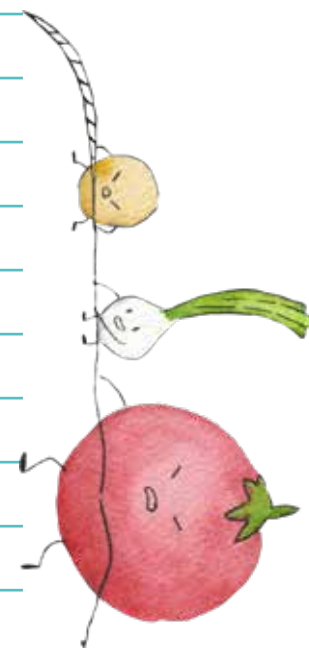
FLIPPIN' FANTASTIC SAVOURY PANCAKES



Chef's Top Tips
Try adding different herbs, spices and protein free vegetables for variety.



NOTES



RECIPES:

SEEDS BREAD
TANGY TABBOULEH
COUS COUS CAKES
VEGETABLE CURRY
RATATOUILLE TARTLET
EGG MUFFINS
OATY BANANA BITES



EXCHANGES
1/2
PER SERVING

PREPARATION
1 HOUR
TIME

COOKING
30 MIN
TIME

SERVINGS
20

INGREDIENTS

- > 290 ml warm water
- > 200 ml low protein milk
- > 500 g low protein mix
- > 1 heaped tablespoon psyllium husk
- > 4 tablespoon olive oil
- > Pinch of sugar
- > 1 sachet dried yeast (supplied with low protein flour mixes)
- > 36 g mixed seeds (pumpkin, sunflower, linseed & sesame seeds) = 6 yellow scoops

FREEZING

Suitable for freezing – cut into individual slices and use small freezer bags to portion out.

TIPS

- > Using psyllium husk makes the bread brown nicely. Make psyllium husk into a paste before adding to the mixture – this will help prevent lumps.

METHOD

1. Preheat oven to 200°C
2. Lightly grease the two loaf tins with butter or oil
3. Place the warm water and low protein milk into a bowl, add the dried yeast and sugar, stir well
4. Make a paste with the psyllium husk and a small amount of the liquid from step 2. When the psyllium husk is dissolved, add this mixture back into the bowl and stir
5. Leave this to stand for 10 minutes or until the mixture thickens
6. Add the olive oil, gradually add the low-protein mix and seeds to the thickened mixture and beat with a spatula for 2–3 minutes
7. Divide the bread mixture between the loaf tins and brush the tops of the loaves with olive oil
8. Leave the dough to rise in a warm place for 45 minutes or until it doubles in size
9. Bake in a pre-heated to 200° C oven for 20–30 minutes or until golden brown
10. When cooked, remove from the tin and leave to cool on a wire rack
11. A standard loaf tin makes 10 slices (approx. 80 g each).

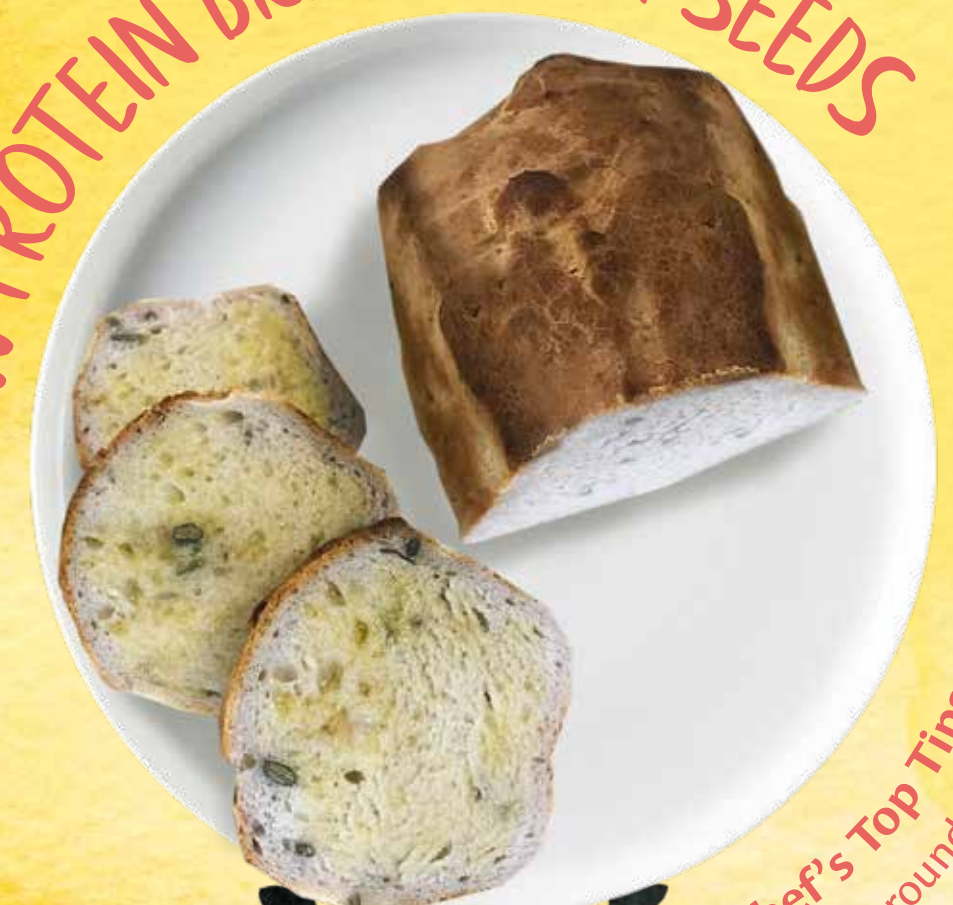
SWITCHES

To contain the following exchanges:	Add or replace:	New calorie content:
0 ex per serving	Remove the seed mixture from the loaf	240 kcal
1 ex per serving	Add 72 g of seeds (12 yellow scoops) to the mixture.	279 kcal
For one protein free loaf and one exchange containing loaf, pour half the mixture into one of the tins before adding seeds (protein free loaf). Add 18 g seed mix (3 level yellow scoops) to the remaining mixture and pour into the other tin (contains ½ an exchange per slice).		

NUTRITION INFORMATION

Serving size:	1 slice (1/10 of a loaf = 80g)
Exchanges:	½ ex per serving
Allergens:	Seeds, milk, wheat
Calories:	258 kcal per serving

LOW PROTEIN BREAD WITH SEEDS



Chef's Top Tips
Seeds can be ground or milled if giving to a young infant.



EXCHANGES
0
PER SERVING

PREPARATION
10 MIN
TIME

COOKING
2 MIN
TIME

SERVINGS
4-6

- INGREDIENTS
- > 100 g Promin low protein cous cous
 - > 200 ml water
 - > ½ baby stock cube (lower in salt)
 - > 1 red pepper
 - > 2 spring onions
 - > 1 teaspoon cumin
 - > 30 g Vegan Greek cheese, e. g. Violife
 - > juice from ½ a small lemon
 - > handful fresh coriander
 - > handful fresh mint

- METHOD
1. Combine 100 g of Promin cous cous and 200 ml of boiling water in a medium saucepan. Add half a cube of baby stock
 2. Stir continuously until all water is absorbed (approximately 5 minutes)
 3. Transfer cooked cous cous to a bowl to cool
 4. While cous cous is cooling, finely chop pepper, spring onion, vegan cheese and herbs. Add to the cooled cous cous
 5. Add 1 teaspoon of cumin and lemon juice, mix until well combined. Can be served hot or cold.

FREEZING

Not suitable for freezing.

TIPS

- > This recipe can be used to make the cous cous cakes recipe over the page.

NUTRITION INFORMATION		
	Divided into 4 servings	Divided into 6 servings
Serving size:	135 g	90 g
Exchanges:	0 ex	0 ex
Allergens:	No	No
Calories:	130 kcal	85 kcal

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
1 ex per serving	Add 1/3 of an avocado (50 g) per serving	200 kcal (4 servings) 175 kcal (6 servings)



Chef's Top Tips
A great lunchbox option, can be served warm or cold!

EXCHANGES
1/2
PER SERVING

PREPARATION
20 MIN
TIME

COOKING
25 MIN
TIME

SERVINGS
12

INGREDIENTS

- > 100 g Promin low protein cous cous
- > 200 ml water
- > ½ baby stock cube (lower in salt)
- > 1 red pepper
- > 2 spring onions
- > 1 teaspoon cumin
- > 30g vegan Greek cheese e.g. Violife
- > juice from ½ a small lemon
- > handful fresh mint
- > handful fresh coriander
- > 1 medium egg (60g)
- > low protein flour
- > 1 tablespoon vegetable oil

FREEZING

This recipe is not suitable for freezing and is best served warm. The cakes can be stored in the fridge in an airtight container and used within 3 days of preparation.

NUTRITION INFORMATION	
Serving size:	1 cake (approx. 50 g each)
Exchanges:	½ ex per serving
Allergens:	Egg
Calories:	53 kcal per serving

This recipe is prepared using the same base recipe as the Tangy Tabbouleh from the previous page.

METHOD

1. Preheat oven to 200°C
2. Combine 100 g of Promin cous cous and 200 ml of boiling water in a medium saucepan. Add half a cube of baby stock
3. Stir continuously until all water is absorbed (approximately 5 minutes)
4. Transfer cooked cous cous to a bowl to cool
5. While cous cous is cooling, finely chop pepper, spring onion, vegan cheese and herbs. Add to the cooled cous cous
6. Add 1 teaspoon of cumin, lemon juice and egg, mix until well combined
7. Preheat vegetable oil in a fry pan over medium heat
8. Use low protein flour to bind and shape mixture into 12 even sized cakes
9. Fry cakes in hot pan until golden brown on both sides. Transfer to a lined oven tray and finish cooking in the preheated oven for 10 minutes or until firm and heated through.



Chef's Top Tips
 Can be served hot or cold.
 Makes a great lunch box option or party food canapé.

EXCHANGES
0
PER SERVING

PREPARATION
15 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
1
ADULT PORTION

INGREDIENTS

- > 1 clove garlic
- > 1–2 spring onions
- > 1 red pepper
- > 8 green beans
- > 75 g Loprofin low protein rice
- > 1 tablespoon curry paste
- > ½ can coconut milk (200 ml)
- > vegetable oil
- Optional:**
- > 4 g peanuts

METHOD

1. Bring 1 litre of water to the boil in a large saucepan
2. Slice spring onion into small pieces, dice garlic. Slice pepper and beans into bit sized pieces
3. Add low protein rice to boiling water with 1 tablespoon of oil. Cook for 7–9 minutes or until just softened, stirring occasionally. Strain when cooked
4. While rice is cooking, heat 2 teaspoons of vegetable oil on medium heat in a frying plan. Add garlic and spring onion, cook for 2 minutes or until starting to brown
5. Add pepper and beans, cook for a further 2–3 minutes until vegetables start to brown but remain crunchy
6. Add curry paste and coconut milk, stir well until combined. Cook for a further 5–10 minutes until vegetables soften
7. Serve with low protein rice, add chopped peanuts if wanting exchanges.

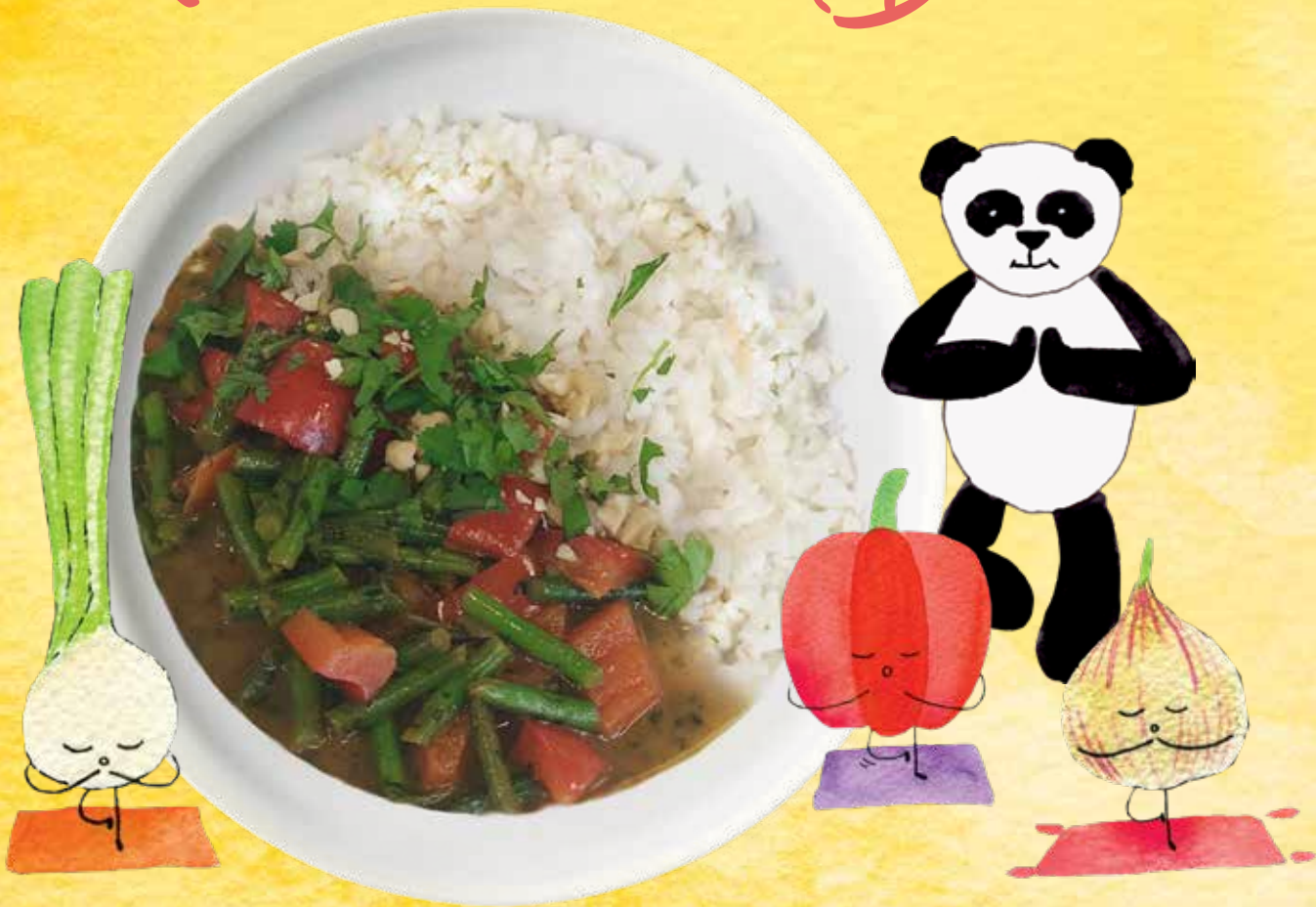
FREEZING

Once cooled can be frozen in a freezer safe container for up to 3 months.

NUTRITION INFORMATION		
	Basic recipe	With nuts
Serving size:	327 g	331 g
Exchanges:	0 ex	1 ex p/s
Allergens:	No	Nuts
Calories:	523 kcal	546 kcal

SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
1 ex per serving	Add 4 g peanuts (approximately 5 whole peanuts) to 1 serving	546 kcal

VEGETABLE CURRY



Chef's Top Tips
Peanuts can be ground or milled if giving to a child less than 5 years old.

EXCHANGES
0
PER SERVING

PREPARATION
35 MIN
TIME

COOKING
45 MIN
TIME

SERVINGS
12

INGREDIENTS

For the ratatouille:

- > 400 g tin chopped tomatoes
- > 1 medium onion, diced
- > 1 small aubergine diced into 2cm pieces
- > 1 courgette diced into 2 cm pieces
- > 1 red pepper diced into 2 cm pieces
- > 1 clove garlic, crushed/ finely diced
- > 2 teaspoons dried oregano
- > salt and pepper to taste
- > olive oil for frying

For the pastry:

- > 200 g low-protein flour
- > 90 g butter, room temperature
- > ½ teaspoon baking powder
- > cold water

TIPS

- > Use a standard 28 cm (11 inch) circular tart tin. If making with exchanges it is easier to evenly divide the recipe if it is a rectangle shape, a 23 x 17 cm (11 x 7 inch) tin can be used.

NUTRITION INFORMATION

Serving size:	1 slice (approx. 105 g)
Exchanges:	0 ex
Allergens:	Egg, gluten
Calories:	132 kcal per serving

METHOD

Ratatouille:

1. Heat olive oil in a saucepan over medium heat. Add onion and cook gently until translucent
2. Add garlic, red pepper, courgette and aubergine. Cook over medium heat for 10 minutes or until vegetables are softened
3. Add tinned tomatoes and oregano. Season with salt and pepper to taste (do not add salt if preparing for children under 1 year of age)
4. Cook mixture over a low-medium heat for 15–20 minutes, stirring regularly. Start preparing pastry while ratatouille cooking

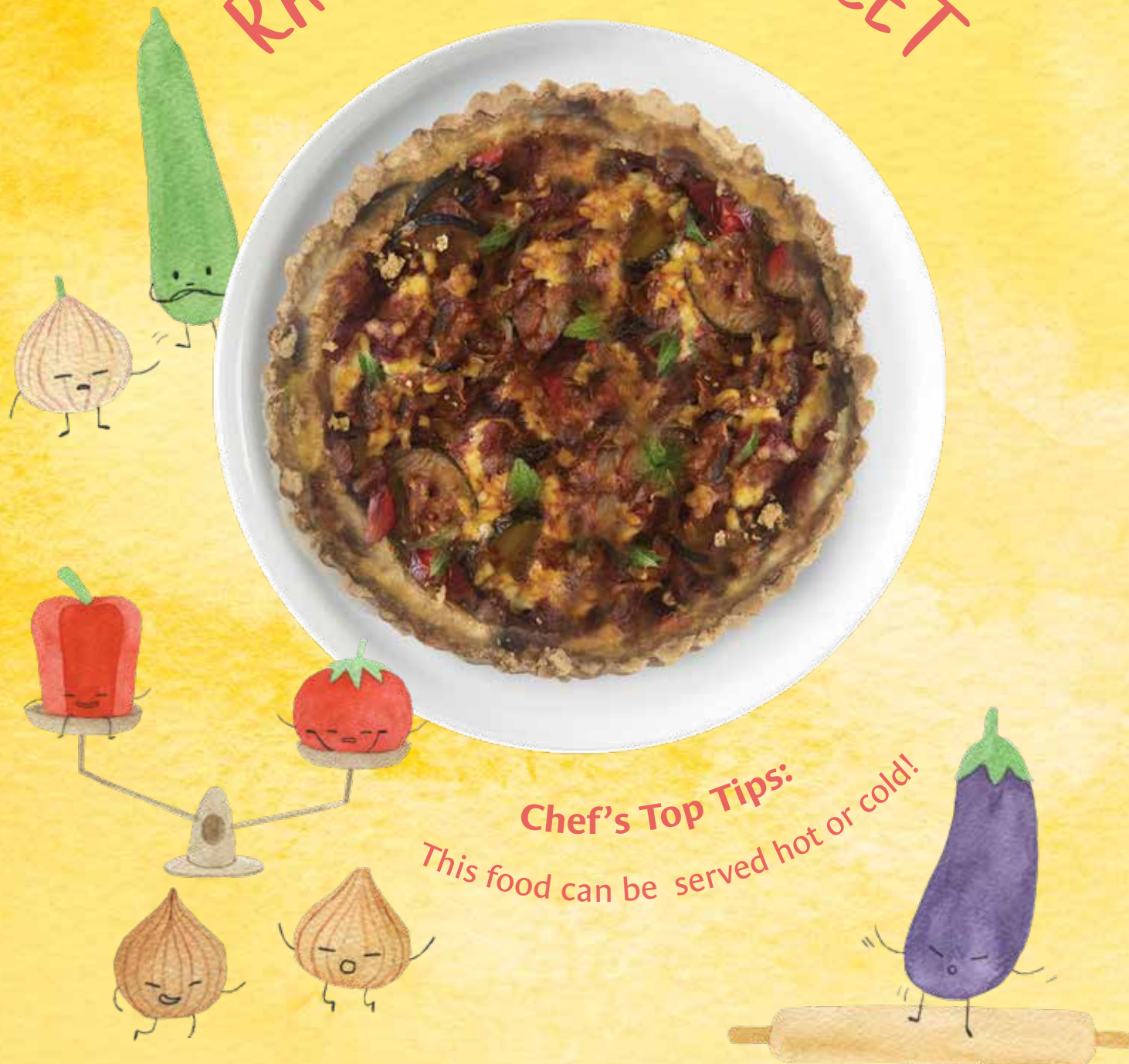
Pastry:

1. Preheat oven to 180°C
2. Combine low protein flour and baking powder in a bowl. Cut butter into small pieces and rub into mixture until it resembles coarse breadcrumbs
3. Using a teaspoon carefully add small amounts of cold water while mixing the dough to achieve a soft, but not sticky dough
4. Transfer dough onto a sheet of greaseproof paper and knead until smooth (1–2 mins)
5. Lightly flour greaseproof paper with low protein flour. Roll the dough out on the paper until it is 3–4 mm thick
6. Grease a tart tin. Press dough into the tin as evenly as possible
8. If making with exchanges add grated cheese and/ or well whisked egg to ratatouille mixture now. Mix well until evenly spread through mixture
9. Pour ratatouille mixture into pastry shell and spread evenly
10. Bake in pre heated oven for 25–30 minutes or until heated through and ratatouille mixture is starting to brown (please note pastry will not brown). Divide into 12 even portions.

SWITCHES

To contain the following exchanges:	Add or replace:	New calorie content:
1 ex per serving	Add 50 g cheddar cheese	149 kcal
1 ex per serving	Add 2 medium sized (approx. 60 g) eggs	143 kcal
2 ex per serving	Add 2 medium eggs (approx. 60 g each) + 50g cheddar cheese	159 kcal

RATATOUILLE TARTLET



EXCHANGES
1
PER SERVING

PREPARATION
15 MIN
TIME

COOKING
20 MIN
TIME

SERVINGS
10

INGREDIENTS

- > 3 medium very ripe bananas
- > 75 g sultanas or raisins
- > 100g porridge oats
- > 180 g low protein flour, e. g. Loprofin, Fate
- > ½ teaspoon cinnamon

METHOD

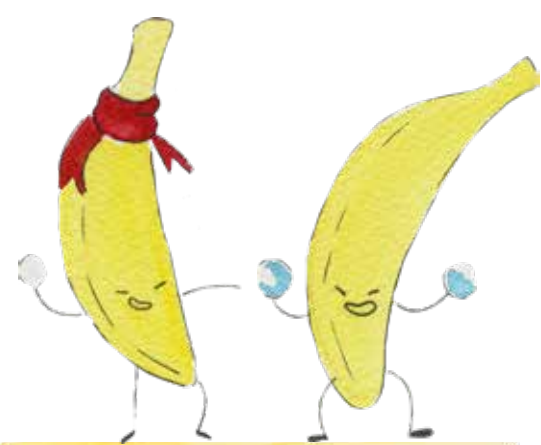
1. Preheat oven to 160°C
2. Mash bananas using potato masher or fork until smooth and lump free
3. Combine low protein flour, oats, raisins and cinnamon in a bowl with bananas and mix well. If mixture is runny add additional low protein flour
4. Mould mixture into 10 evenly sized balls, place onto lined baking tray
5. Bake for 15–20 minutes or until bites are firm to touch.

FREEZING

Can be frozen in an airtight container once cooled for up to 3 months.

TIPS

- > Replace raisins with cranberries or dried apricots for a different flavour.



NUTRITION INFORMATION	
Serving size:	1 bite (approx. 60 g)
Exchanges:	1 ex per serving
Allergens:	Gluten
Calories:	127 kcal per serving

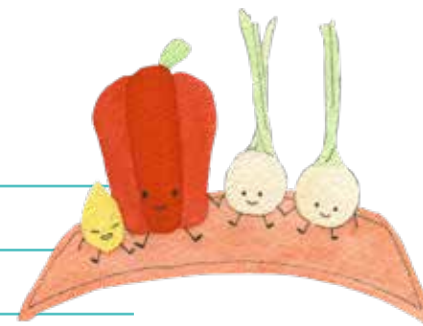
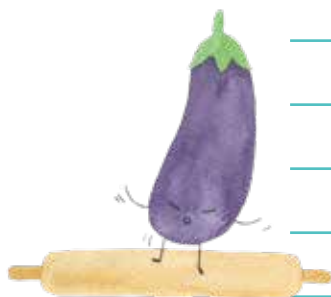
SWITCHES		
To contain the following exchanges:	Add or replace:	New calorie content:
2 ex per serving	Add extra 100 g oats (total 200 g) and reduce low protein flour to 80 g)	129 kcal

OATY BANANA BITES



Chef's Top Tips
Try substituting raisins with cranberries or dried apricots for a different flavour.

NOTES _____



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RECIPES DEVELOPED BY THE
METABOLIC DIETITIANS FROM
THE NATIONAL CENTRE OF
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DISORDERS

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Temple Street
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