



### Yorkshire Puddings

275g Loprofin Mix

3 tsp baking powder

1 tsp salt

170ml Oil

350ml Water

Drop of yellow food colouring

- Place the Loprofin Mix, baking powder and salt into a jug or mixing bowl.
- In a separate container, mix the water and oil and add a few drops of yellow colouring (enough to give a golden colour).
- Add the yellow oil and water all at once into the dry ingredients.
- Using an electric hand mixer, mix on a high speed for about 2 minutes.
- The mixture should be smooth and light in consistency and look similar to a creamy mayonnaise.
- Spoon the mixture into a greased muffin tray or similar (12 holes).
- Bake in a pre-heated oven (220°C) for 20 minutes until puddings rise and are golden brown.



Recipe provided by Nutricia Metabolics