

Low Protein Christmas Recipes





Christmas Snack Ideas

Spicy Roasted Parsnip Soup

By BBC Goodfood

Exchange Value: Free

Prep Time: 10mins

Cook Time: 35mins

Serves: 4

Ingredients

- 2 tbsp olive oil
- 1 tsp coriander seeds
- 1 tsp cumin seeds, plus extra to garnish
- ½ tsp ground turmeric
- ½ tsp mustard seeds
- 1 large onion, cut into 8 chunks
- 2 garlic cloves
- 675g parsnips, diced
- 2 plum tomatoes, quartered
- 1.2l vegetable stock
- 1 tbsp lemon juice

1. Heat oven to 220C/fan 200C/gas 7.
2. In a bowl, mix together 2 tbsp olive oil and 1 tsp coriander seeds, 1 tsp cumin seeds, ½ tsp ground turmeric and ½ tsp mustard seeds.
3. Add 1 large onion, cut into 8 chunks, 2 garlic cloves, 675g parsnips, diced, and 2 quartered plum tomatoes and mix well.
4. Spread over a heavy baking sheet, and then roast for 30mins until tender.
5. Spoon into a food processor or liquidiser with 600ml vegetable stock and process until smooth.
6. Pour into a pan with the remaining 600ml vegetable stock, season, and then heat until barely simmering.
7. Remove from the heat and stir in 1 tbsp lemon juice. Garnish with cumin seeds



Low Protein Puff Pastry Recipe

Ingredients

- 2g Salt
- 45ml Water, cold
- 125g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 100g Butter, cold



1. Dissolve the salt in the water.
2. Mix the Fate Low Protein All-Purpose Mix and cold butter together gently with your fingertips so that pieces of butter remain.
3. Add the salted water to the dough and form into a ball (don't handle the dough too much, as this will make it break when you try and roll it out).
4. Wrap the dough in cling film and rest in the fridge for 10 minutes.
5. Dust your worktop with Fate Low Protein All-Purpose Mix. Remove the pastry from the fridge.
6. Roll the pastry out into a rectangle which is 3 times as long as it is wide. Fold 1/3 of the pastry into the centre on one side and the other 1/3 of the pastry into the centre on the other side. Repeat 4 times for lamination.

Basic Low Protein Pastry Recipe

Ingredients

- 2g Salt
- 45ml Water, cold
- 125g Fate Low Protein All-Purpose Mix (plus extra for dusting)
- 100g Butter, cold



1. Dissolve the salt in the water.
2. Mix the Fate Low Protein All-Purpose Mix and cold butter together gently with your fingertips so that pieces of butter remain.
3. Add the salted water to the dough and form into a ball (don't handle the dough too much, as this will make it break when you try and roll it out).
4. Wrap the dough in cling film and rest in the fridge for 10 minutes.
5. Dust your worktop with Fate Low Protein All-Purpose Mix. Remove the pastry from the fridge.
6. Roll the pastry out into a rectangle which is 3 times as long as it is wide. Fold 1/3 of the pastry into the centre on one side and the other 1/3 of the pastry into the centre on the other side. Repeat 4 times for lamination.

Veggie Sausage Roll

By BBC Good Food

Exchange Value: Free
Prep Time: 20mins
Cook Time: 50mins
Makes: 10



Ingredients

- Homemade Low-Protein Puff Pastry (follow pg 4)
- 50g chestnut mushrooms
- 3 tbsp olive oil
- 2 leeks, finely chopped
- 2 large garlic cloves, crushed
- 1 tbsp finely chopped sage leaves
- 1 tbsp brown rice miso
- 2 tsp Dijon mustard
- 30g chestnuts, very finely chopped
- 70g breadcrumbs (2 slices of low-protein bread)
- Prozero, for glazing

1. Heat the oven to 200C/180C Fan/Gas 6.
- 2.. Tip the mushrooms into a food processor and pulse until they are very finely chopped.
3. Put half the olive oil in a large frying pan, add the leeks along with a pinch of salt and fry gently for 15mins or until softened and golden brown.
4. Scrape the leeks out of the pan, into a bowl and set aside to cool a little.
5. Heat the remaining oil in the pan and fry the mushrooms for 10mins over a medium heat. Add the garlic, sage, miso and mustard, and fry for a further minute. Leave to cool slightly.
6. Roll the pastry out so that one side measures 43cm. Mould the mushroom and leek mixture into a sausage shape down the centre of the pastry, then bring the pastry up around the filling and seal along the seam with a fork.
7. Cut into ten pieces. Lay on a parchment-lined baking sheet and brush each piece with milk.
8. Bake for 25mins or until deep, golden brown.

Mini Portobello Wellingtons

By Violife

Ingredients

- Low Protein Basic Homemade Pastry (follow recipe on page 5)
- 150 Violife Le Rond Camembert Flavour (0 exchanges)
- 200g Violife Original flavour grated (0 exchanges)
- 5 large Portobello mushrooms, stem removed
- 1 tbsp. Low-Protein flour
- 5 tbsp. Cranberry sauce
- ProZero for brushing
- 2 sprigs fresh thyme (optional)



1. Heat oven to 180C.
3. Place the Portobello mushrooms on a lined baking tray and bake for 15 minutes. Remove from the oven and place on kitchen towel to soak up the moisture.
4. Place the puff pastry on a lightly floured surface and roll out thinly. Use a round cookie cutter to make circles a little larger than the circumference of the Portobello mushroom.
5. Spread each base with cranberry sauce, a dollop of Violife Le Rond and top with the Portobello mushroom stem side down
6. Sprinkle with some Violife Original flavour grated. Top with another pastry circle and fold the edges securing them at the bottom.
7. Use a cookie cutter to make some leaf shapes with the remaining pastry and place them on top of the mushroom Wellingtons
8. Place on a lined baking tray and brush with ProZero. Bake in the oven for 30 minutes.
9. Remove from oven and serve with thyme leaves for decoration..

Exchange Value: Free

Prep Time: 1 hour -10 mins

Makes: 5

Jackfruit Stuffed Mini Portobello Wellingtons

By Cooks&co

Ingredients

Homemade Low Protein Puff Pastry (pg4)

400g Jackfruit Drained

1 red pepper, finely chopped

1/3 of pastry recipe above

2 tbsp olive oil

4 portobello mushrooms

1 onion, finely chopped

3 cloves of garlic, crushed

2 tsp paprika

½ tbsp brown sugar

½ chilli powder (optional)

Salt and Pepper

150g BBQ sauce*

100g Breadcrumbs (2 slices of low-protein bread)

Prozero, to glaze

1. Make the pastry. Follow the recipe on page 4.
2. Remove the stems from the Portobello mushrooms, hollow out and finely chop the stems.
2. Heat the oil in a pan over a medium heat and gently fry the onion and mushroom stems until soft. Add the garlic and red pepper and fry for a further minute.
3. Roughly cut the Jackfruit and add to the pan along with the paprika, brown sugar, chilli powder, salt and pepper. Cook until soft.
4. Add the BBQ sauce and heat gently. You can add a little water to the pan if it starts to stick.
5. Once the Jackfruit is soft, use two forks to pull apart.
6. To make the breadcrumbs, add 2 slices of suitable bread to the food processor and blend until fine breadcrumbs are formed. Add the breadcrumbs then mix well. Season to taste.
7. Spoon the Jackfruit filling into the hollowed-out Portobello mushrooms.
8. Cut the pastry into squares as the base and then press around the outside of each mushroom to bind the 2 layers of pastry together.
9. Brush the pastry with the Prozero then bake at 190C for 25-30 minutes or until golden brown



Exchange Value: Free
(depending on BBQ
sauce)
Prep Time: 20mins
Cook Time: 30mins
Serves: 4





1. Preheat the oven to 200C
2. Cut the Pizza Bases into the shape on a Christmas tree
3. Spread the Tomato Sauce over the pizza. Sprinkle over the mozzarella cheese.
4. Cut the peppers and olives as seen in the photo above and place them on the pizza to look like Christmas decorations.
5. Bake in the oven for 12-14 minutes until golden and the cheese is melted.

Christmas Tree Pizza

By Vitaflo

Exchange values: free

Prep Time: 15 mins

Cook Time: 20-30 mins

Serves: 1-2

Ingredients

- 200g Violife grated Mozzarella (0 exchanges)
- Low-Protein Pizza base (Mevalia or homemade)
- 200g Tomato Sauce
- Black Olives
- Green and Red Pepper sliced



Baked Camembert

By BBC Goodfood

Exchange Value: Free

Prep Time: 5mins

Cook Time: 20mins

Serves: 4-6

Ingredients

- Block of Vegan Violife Camembert (0 exchanges)
- 1 tbsp dry white wine
- 2 thyme sprigs
- pinch of dried chilli flakes
- Low-Protein crackers or toasted bread, to serve

1. Heat oven to 200C/180C fan/gas 6.

2. Unwrap 250g camembert, brie or similar from its packaging, then place back into its box. Tie string around the box to secure.

3. Slash the cheese a few times and top with 1 tbsp vermouth, dry white wine or kirsch, 2 thyme sprigs and a pinch of dried chilli flakes.

4. Bake on a baking tray for 20 mins until gooey. Serve with Low-protein toasted bread or crackers for dipping.





Exchange Value: ½
exchange per serving

Prep Time: 20 mins

Serves: 4-6

Vegan Christmas Cheese Board

By Violife

Ingredients

- Violife Christmas Dairy-Free Platter with Mature Block, Blu Wedge & After Dinner Cranberry (3.5 exchanges in total) *Available in Supervalu or online
- Grapes
- Figs
- Olives
- Dried apricots
- Chutney
- Low-Protein crackers
- Rosemary

1. Assemble all the ingredients on a cheese board or wooden plate and serve with low-protein crackers.



Carrots in Blankets

By Vitaflo

Ingredients

- Low protein Homemade Basic Pastry
- 12 Carrot, peeled and chopped into 8cmx1cm sticks
- 1 tbsp Oil (plus extra for brushing)
- ½ tsp Golden syrup
- ½ tsp Thyme, dried
- Salt and pepper, to taste



1. Make the pastry according to the recipe on page 5, adding 1 tsp of paprika for this recipe.
3. Leave to rest for 10 minutes.
4. Meanwhile, preheat the oven to 200°C/180°C fan/gas mark 6.
5. Dust a clean work surface with Fate Low Protein All-Purpose Mix and knead the pastry on the work surface until smooth.
6. Roll the pastry out with a rolling pin and slice into 12 equally sized rectangles.
7. Meanwhile, place the carrots into a bowl, then coat with the oil, golden syrup and thyme.
8. Once coated, place the carrot sticks onto a baking tray and roast in the oven for 15 minutes then remove from the oven and allow to cool.
9. Once cooled, place each carrot stick onto the short edge of a pastry rectangle and roll up, then place onto a baking tray.
10. Brush the extra oil onto the pastry and cook in the oven for 25 minutes or until browned.
11. Remove from the oven and serve hot or cold

Exchange Value: Free
Cook Time: 1 hour
Makes: 12

Santa Pancakes

By Vitaflow

Ingredients

45g Fate Low-Protein All-Purpose Mix
10g sugar
½ tsp baking powder
½ tsp cinnamon
10g butter
75ml ProZero
1 tbsp oil
18 strawberries cut in half
1 black grape halved
1 banana slices
5g fondant icing
Food Heaven Heavenly Whipped Cream Alternative



- 1. In a bowl add Fate Low Protein All-Purpose Mix, sugar, baking powder, cinnamon, and butter. Rub between your fingertips until you get a breadcrumb consistency.
- 2. Add the ProZero and whisk until a smooth batter is formed.
- 3. Place a frying pan over a medium heat, add the oil and tilt the pan so the oil covers the surface of the pan.
- 4. Pour the batter into the pan and spread into a large circle using the back of the spoon.
- 5. Allow to cook until bubbles form on the surface of the pancake then flip using a spatula.
- 6. Cook for a further minute then place onto the center of a plate.
- 7. Arrange the banana slices on the bottom of the pancake to resemble Santa's beard.
- 8. Arrange the strawberries, except one slice, on the top of the pancake to resemble the hat.
- 9. Using the saved strawberry slice, place above the banana beard to resemble Santa's nose.
- 10. Add the fondant discs above the nose the grape halves inside the discs to resemble the eyes.
- 11. Squirt the Food Heaven Heavenly Whipped Cream Alternative onto the base of the strawberries to line the hat and serve.

Exchange Value: Free
Cook Time: 15 mins
Makes: 1



Hot Chocolate

By Vitaflo

Exchange Value: Free

Prep Time: 15mins

Serves: 1



Ingredients

4x25g Vitabite bars, broken

250ml ProZero

20g Freedom Marshmallows

For the Cream:

400g of ProZero

100g unsalted butter

4 heaped tbsp of cornflour



To Make the Cream:

1. Place all the required amounts of ingredients into a small saucepan. Place over a gentle heat and stir well.
3. Keep stirring until the mixture starts to simmer and is thickened. Take off the heat.
5. Then pour into a tall container and use a handheld blender to blend for 30-40 seconds. Leave to cool.
7. Cover and place in the fridge to chill for 3-4 hours, preferably overnight.
9. When chilled and set the cream can be whipped to form a light and airy consistency by using a handheld electric whisk.

To Make the Hot Chocolate:

1. Melt the Vitabite in a heatproof dish over a pan of boiling water.
2. Place the ProZero into a separate pan over a medium heat and add melted Vitabite.
3. Stir to combine. Bring mixture to the boil and pour into a mug.
4. Add marshmallows and 'whipped cream' on top.

*Alternatively, just whisk 'Elmea plant alternative double cream' (0.6 exchanges per 100ml)



Christmas Main Course

Squash & Blue Cheese Wellington

By BBC GoodFood

Ingredients

- 850g of butternut squash
- 400g shallots (speeled and halved)
- 2 tbsp olive oil
- 1.5 tbsp maple syrup
- 1.5 tbsp balsamic vinegar
- 500g pastry (homemade PKU pastry – see below)
- Flour for dusting
- Violife Blu Block Cheese (0 exchanges)
- ProZero (for glazing)

For Low-Protein Pastry:

- 200g Loprofin Mix
- 100g butter
- 50g caster sugar
- Salt and pepper
- Cold water to mix



Method

1. Heat the oven to 200C/180C fan/gas 6. Cut the squash lengthways into eight long chunky pieces and put in a large roasting tin with the shallots. Toss in a little oil, season and roast for 30 mins.
2. Leave the squash to cool completely but tip the shallots into a non-stick pan. Add the maple syrup, balsamic vinegar and plenty of seasoning, and stir over the heat until the shallots start to caramelise. Leave to cool.
3. Transfer the pre-made pastry to a baking tray. Place 4 of the pieces of squash down the longest length in the middle to make a rectangular block, keeping a generous border of pastry all the way round.
4. Place another 2 pieces of squash on top. Trim the remaining 2 pieces and put crossways at the end. Scatter over the cheese, then top with the shallots. Lightly press to compact everything together.
5. Brush round the pastry edges with prozero, then draw the two long edges up to meet and pinch together to seal – as you would a Cornish pasty. Tuck under the pastry at both ends, then brush all over with prozero. Cut leaf shapes from the pastry trimmings and use to decorate the top of the Wellington. Glaze again and make a couple of small air holes with the point of a knife.
5. To freeze: Open freeze on a baking tray until solid, then wrap in cling film then foil. It will keep for 2 months. To serve, heat the oven to 200C/180C fan/gas 6 and put a baking tray in to heat up. Unwrap the Wellington and place on the hot tray. Bake for 30 mins. Cover lightly with foil and bake for 1.

Exchange Value: Free
Cook Time: 40 minutes
Prep Time: 45 minutes
Serves:8

Stuffed Aubergine

By BBC GoodFood

Exchange Value: Free
Prep Time: 30 mins
Cook Time: 40 mins
Makes: 4

Ingredients

- 2 large aubergines
- 200g pumpkin or butternut
- 100g red onion
- 1 tsp cumin seeds
- 2 garlic cloves
- 4 tbsp rapeseed or olive oil
- 2 tsp of fresh herbs (thyme, oregano, sage or rosemary work well)
- 100g of Violife Greek White Block (0 exchanges)



1. Heat oven to 200C/180C fan/gas 6.

2. Cut the aubergines in half lengthways, leaving the stem in place (this can be removed when eating). Using a small sharp knife, scoop out the inner flesh leaving a shell about 1cm thick. Chop the flesh and put into a bowl.

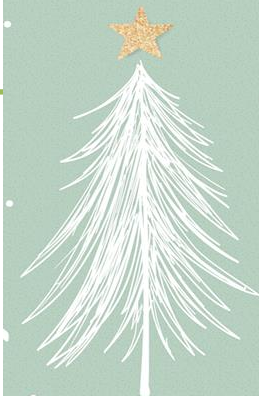
3. Peel the pumpkin or squash, remove the seeds, then cut into 1-2cm dice and mix with the chopped aubergine and red onion.

4. Mix in the cumin, garlic and 2 tbsp oil and toss together with some salt and black pepper. Lay on a baking tray lined with parchment paper. Rub 1 tbsp oil over the aubergine halves and season.

5. Place, cut-side down, on another tray lined with parchment paper. Bake for 15-20 mins, until the pumpkin and aubergine shells are almost cooked through.

6. Tip the pumpkin mixture back into the bowl and stir through the mixed herbs, feta. Turn over the aubergine halves, then pile up the mixture inside.

7. Drizzle with the remaining 1 tbsp oil and bake for 20 mins, at which point the pumpkin will be fully cooked. If it starts to colour too much, cover loosely with foil.



Beetroot and Red Onion Tarte Tatin

By BBC GoodFood



Ingredients

- Low Protein Homemade Puff Pastry (follow pg 4)
- 400g beetroot, cut into wedges
- 1 red onion, cut into wedges
- 3 tbsp of olive oil
- 2 tbsp rice wine vinegar
- 2 tbsp soft brown sugar
- 2 star anise (optional)
- 500g of puff pastry
- 1 orange, zested

Exchange Value: Free

Prep Time: 10 mins (80 mins extra for pastry)

Cook: 1 hour and 20 mins

Serves: 4-6 people

1. Heat oven to 200C/180C fan/gas 6. Follow recipe on page 4 to make the puff pastry.
2. In a bowl, toss the beetroot and onion in 2 tbsp of the oil, the vinegar and sugar. Add the star anise and season well.
3. Heat the rest of the oil in a large, ovenproof non-stick frying pan, then nestle in the veg so that they cover the surface of the pan. Cover with foil and cook in the oven for 45 mins.
4. Carefully take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer.
5. Put the pre-made pastry on top, tucking it in all around the edges, then return the pan to the oven and bake for 35 mins or until the pastry has puffed up and is a deep golden brown.
6. Slide a palette knife around the edge of the tart, then put a plate on top of the pastry, serving side down. Flip the pan over to turn the tart out onto the plate – be careful not to burn yourself with the handle. Top with the orange zest and a sprinkle of sea salt.



Exchange Value: 2.5
exchanges per serving
Prep Time: 40 mins
Cook Time: 1 hour 15
Serves: 4

Sweet Potato Parcel

By BBC Goodfood

Ingredients

- Homemade Low-Protein Puff Pastry (page 4)
- 4 sweet potatoes (about 750g), peeled and cut into 2-3cm chunks (5.5 exchanges)
- 5 tbsp cold pressed rapeseed oil
- 1 onion, thinly sliced
- 2 large garlic cloves, crushed
- ½ tsp chilli flakes
- 1 small bunch sage, leaves sliced
- 180g pack chestnuts, roughly chopped (3.6 exchange)
- 3 tbsp cranberry sauce

1. Heat oven to 200C/180C fan/gas 6.
2. Make the PKU-friendly puff pastry from the recipe above.
3. Put the potatoes on a baking tray, toss with 1 tbsp of the oil, season and roast for 25 mins.
4. While the potatoes roast, heat another 1 tbsp oil in a frying pan and cook the onion over a medium heat for about 7-10 mins to soften. Stir in the garlic, chilli flakes and sage and cook for another minute or 2.
5. Remove from the heat and add the cranberry sauce and the sweet potato cubes. Season a little.
6. Line a 20cm square tin with a rectangle of baking parchment that comes up two sides of the tin (this is to help you remove it later).
7. Roll out the pastry to 0.5cm thick and place into the tin, brushing the bottom and sides with a little of the remaining oil, then add another piece of pastry going in the other direction (like a cross). Brush with more oil on the bottom and sides, and repeat with another 2 pieces of pastry.
8. Spoon the sweet potato mixture into the tin and fold over the pastry to cover, brushing with a little more of the oil. Brush the last piece of pastry with the remaining oil, then scrunch on top of the parcel. Put in the oven and bake for 30 mins.
9. To serve, use the baking parchment to lift the parcel out of the tin and cut into four.

Celeriac Sweet Roasted Tart

By BBC Goodfood

Ingredients

- Homemade Low-Protein Puff Pastry (Page 4)
- Large or 2 small celeriac peeled, halved and cut into 1.5cm-thick wedges
- 2 tbsp olive oil, plus a drizzle
- 2 tsp smoked paprika
- ¼ tsp chipotle chilli flakes
- 2 tbsp maple syrup
- 4 thyme sprigs, leaves picked
- 2 long shallots, finely chopped
- 150g Violife Creamy Original Flavour (0 exchanges)
- 1 tbsp chopped dill
- 1 tbsp chopped chives, plus extra to serve



1. Heat the oven to 200C/180C fan/gas 6.

2. Make the PKU-friendly puff pastry, following the steps from the recipe of page 4.

3. Tip the celeriac wedges into a large bowl with the olive oil, paprika, chilli flakes, maple syrup and most of the thyme leaves. Season and toss well to evenly coat.

4. Tip onto a baking-parchment-lined baking tray, spread out into a single layer and roast for 30-35 mins until tender when pressed with the tip of a sharp knife.

5. Turn halfway through cooking, brushing with any glaze on the tray. Leave until cool enough to handle.

6. Meanwhile, fry the shallots in a drizzle of oil in a frying pan set over a medium heat with a pinch of salt until soft, about 5-6 mins. Cool.

7. Mash the soft cheese, herbs, a pinch of chilli flakes, a few more thyme leaves and some seasoning together in a bowl. Fold in the shallots. Place a large baking sheet in the oven to heat.

8. Roll the pre-made pastry out on a floured work surface into a large rectangle around 38 x 28cm and 3mm thick (it should be around the same size as your baking sheet). Transfer to a large sheet of baking parchment.

9. Spread the soft cheese mixture over the middle of the pastry, leaving a 5cm border. Arrange the celeriac wedges on top in a single layer. Carefully fold the exposed border over the edge of the filling so it slightly overlaps the celeriac wedges.

10. Brush the border with the ProZero and, using the baking parchment to help you, carefully transfer the tart to the hot baking sheet.

11. Bake for 35-40 mins until the pastry is cooked through (gently lift it with a fish slice to check the bottom is cooked) and the celeriac is golden and caramelised.

12. To serve, scatter with more chives, the remaining thyme and a pinch more chilli flakes (if you like).

Exchange Value: Free

Prep Time: 1 hour

Cook Time: 1 hour 15

Serves: 4-6

Ingredients

- **For the Sweet Potato:**

- 2 Sweet Potatoes, Peeled and Sliced
- 1 tbsp olive oil
- Salt and pepper

Exchange Value: Free

Prep Time: 1 hour and 15 mins

- **For the Pastry:**

Serves: 8 people

- 200g Loprofin Mix
- 100g butter
- 50g caster sugar
- Salt and pepper
- Cold water to mix

- **For the Filling:**

- 370g Violife Le Rond Camembert flavour (0 exchanges)
- 350g Violife Original Flavour grated (0 exchanges)
- 225g Violife Original Creamy (0 exchanges)
- 1/4 cup ProZero (60g)
- 2 1/2 Tbsp fresh lemon juice
- 3 Tbsp minced shallot

- **To garnish:**

- Pomegranate Seeds
- Fresh Thyme Leaves

Exchange Value: Free

Prep Time: 1 hour and 15 mins

Serves: 8 people

1. On a lined baking tray place the sweet potatoes, drizzle with olive oil and season. Bake for 20 to 25 minutes at 180°C.
2. To make the pastry, place the Loprofin Mix in a large bowl, cut the margarine into small pieces and, using your fingertips, rub into the Loprofin Mix until the texture resembles coarse breadcrumbs.
2. Mix in the seasoning. Stir in sufficient water to give a firm, manageable dough. Transfer the dough to a sheet of greaseproof paper and lightly knead the dough for 30 seconds, until smooth
4. Roll out the dough thick enough so the filling won't seep through. Place in a greased rectangular tin and bend the pastry around the corner of the tin and press with a fork. Make a few holes with a fork. Bake for 20 minutes at 180°C. *Can use baking beans to ensure that the pastry doesn't rise during the blind bake*
5. To make the filling, grate the cheese and place all the ingredients in a medium bowl and mix well.
6. When the crust is ready, top with half of the filling and use a spatula to spread evenly. Top with the sweet potatoes and then with the rest of the filling.
7. Place back in the oven and bake for a further 10 minutes.
8. Adorn with pomegranate leaves and thyme and serve warm.

Holiday Tart

By Violife



Baked Aubergine Prosociano

By Violife

Exchange Value: 0.6 exchanges
without pesto

Prep Time: 2 hours 20 mins

Serves: 4-6

Ingredients

- 200g Violife Greek White block, crumbled (0 exchanges)
- 200g Violife Mozzarella flavour Grated (0 exchanges)
- 150g Violife Prosociano, grated (2.4 exchanges per 150g)
- 3 aubergines, cut lengthways into 1cm thick slices
- 100ml extra virgin olive oil
- 3 tsp dried oregano
- 200g breadcrumbs (4-6 slices of Low-Protein bread)
- 3 courgettes, thinly sliced lengthways
- 1 vegan pesto sauce*
- 650g cherry tomatoes
- Fresh basil leaves, to serve

For the Sauce:

- 2 tbs extra virgin olive oil
- 1 onion
- 2 garlic cloves, thinly sliced
- 1 tbs capers, rinsed, drained, chopped
- 1 tbsp tomato puree
- 1 tin chopped tomatoes
- 1 tin whole tomatoes
- 1 cup of water



1. Preheat the oven to 200C. Line a baking tray with parchment paper and place aubergine slices, drizzle with olive oil and oregano, top with another parchment paper and bake covered with foil for 45 minutes. Uncover and bake for 15 minutes.

2. To make the sauce, sauté onion, garlic, and capers. After about 4 minutes add the tomato puree and stir. Then add the tomato tins and water and bring to a simmer for 10 minutes. Season well and remove from heat.

3. To make the breadcrumbs, blitz Low-Protein bread in the food processor until it resembles fine breadcrumbs.

4. Drizzle an ovenproof baking dish with olive oil. Spread half of the tomato sauce on the base. Top with courgette and aubergine slices, breadcrumbs and then half of Violife Mozzarella flavour grated, crumbled Violife Greek White and grated Prosociano. Repeat with the remaining ingredients in the same order.

5. Cover with foil and bake for 45 minutes at 200°C covered. Now bake uncovered for 20 minutes until golden and nicely melted.

6. Remove and add some pesto and cherry tomatoes and scatter with basil leaves to serve.

Sacla' Vegan Basil
Pesto: 5.4 exchanges
per jar

Sacla' Vegan Tomato
Pesto: 4 exchanges per
jar

*For less exchanges
leave out pesto.





Christmas Side Recipes



1. Heat the oven to 200C/180C fan/gas 6.

2. Use a metal skewer and insert through the back of one of the flatter sides of the potato. It should go through most of the potato. Alternatively, put each potato in-between two handles of wooden spoons, and cut through to the spoon.

3. Place on a chopping board, skewer-side down, and slice through the potato (be careful not to cut all the way through on both ends). A sharp knife will help to make slices a few mm apart. Remove the skewer and repeat with the remaining potatoes.

4. Put the potatoes cut side up on a shallow baking tray and drizzle over the oil. Rub each potato with your hands to coat well in the oil, getting some in between the slices.

5. Toss in the bashed garlic, rosemary, and season well. Roast for 50 mins – 1 hr until the potatoes are tender throughout and the tops are golden and crisp.

6. Baste with any oil in the pan halfway cooking to get extra crisp potatoes

Hasselback Potatoes

By BBC Goodfood

Ingredients

- 1.5kg medium-sized floury potatoes (Maris piper or King Edward work well), peeled if you like
- 4 tbsp vegetable oil
- 4 garlic cloves, bashed
- a few sprigs of rosemary
- sea salt flakes

Exchange Value: *80g potato = 1 exchange

Prep Time: 15 mins

Cook Time: 1 hour

Serves: 4

Roast Potatoes

By BBC Goodfood

Ingredients

- 3 tbsp vegetable oil
- 16 large potatoes, peeled and cut into quarters

- 1. Preheat the oven to 200C/180C Fan/Gas 6.
- 2. Put the potatoes into a pan and just cover with water. Add a tablespoon of salt, cover with a lid, and bring to the boil. Boil for 15 minutes, until cooked (they will slide off when pierced with a knife). Drain thoroughly in a colander, then set the colander on top of the cooking pan and cover the potatoes with a tea towel. Set aside for 10 minutes to steam dry.
- 3. Meanwhile, put the vegetable oil into a roasting tin and heat in the oven for 10 minutes.
- 4. Gently toss the potatoes around a little in the colander. Tip the potatoes into the tin of hot fat and give it a shake to spread the potatoes out in the pan, but don't worry about turning them. Put the tin into the oven and roast for 20 minutes. At this point give the potatoes a turn and then return them to the oven for a further 20-30 minutes or until golden and crunchy.
- 5. Season the potatoes with salt and pepper and serve.

Exchange Value: 80g = 1 exchange
Prep Time: 10 mins
Cook Time: 30 mins – 1 hour
Serves: 8



Potato Pie

By Viloife

Ingredients

- 200g Violife Original flavour grated (0 exchanges)
- 80g Violife Prosociano finely grated (1.3exchanges per 80g)
- 3-4 tbs butter
- 1.5 kg potatoes, peeled and chopped
- Salt and black pepper
- 240ml suitable cream*
- Fresh thyme leaves
- 60g breadcrumbs (2 slices of Low-Protein bread)
- $\frac{3}{4}$ tbsp onion powder

Elmea Double Cream Plant Alternative: 250ml: 1.5 exchanges*



1. In a large pot place the potatoes and fill with water until just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.

2. Meanwhile, preheat the oven to 200C and lightly grease a baking dish.

3. Once the potatoes are cooked, drain, add back to the pot, and use a masher to mash until smooth. Add butter, suitable cream, onion powder and season with salt and pepper to taste.

4. Layer half of the mash mixture into the baking tray. Top with Violife Original grated and then top with the remaining mash.

5. Sprinkle with breadcrumbs and grated Prosociano bake for 20 minutes until golden.

6. To serve, garnish with fresh thyme leaves

Exchange Value: per serving 3.5 exchnages

Prep Time: 1 hour

Serves: 6

Chilli-charred Brussels Sprouts

by BBC Goodfood

Ingredients

- 600g Brussels sprouts, trimmed at the base
- 60ml olive oil
- 4 garlic cloves, peeled and bashed
- 1-2 tsp chilli flakes
- 1 lemon, zested and juiced



- 1. Bring a pan of salted water to the boil. Add the Brussels sprouts and cook for 4-5 mins until just tender, then drain and leave to cool a little before slicing in half vertically.
- 2. Meanwhile, heat 3 tbsp olive oil in a large frying pan over a medium heat, add the garlic and cook until golden but not burnt, around 4 mins.
- 3. Use a slotted spoon to remove the garlic and discard. Add the chilli flakes and a big pinch of salt to the oil, then put the sprouts cut-side down in the pan, and leave them to cook for around 10 mins. Don't be tempted to move them – this ensures that they get some colour.
- 4. Add the remaining olive oil and the lemon juice, then cook for a few mins more.
- 5. Tip onto a large serving platter, top with lemon zest and season. These will hold in a low oven for 20 mins while you get everything else ready

***90g brussels sprouts = 1 exchange**

Prep Time: 15 mins

Cook Time: 25 mins

Serves: 6





1. Heat oven to 200C/180C fan/gas 6.
2. Toss the parsnips and carrots with the oil, maple syrup, white wine vinegar, thyme and some seasoning in a large roasting tin.
3. Cover tightly with foil and roast for 20 mins.
4. Remove the foil and give everything a good shake, then roast for a further 30 mins on the top shelf of the oven or until the vegetables are tender and caramelised.

Thyme Roasted Veg

By BBC Goodfood

Exchange values: free

Prep Time: 15 mins

Cook Time: 50 mins

Serves: 4

Ingredients

- 450g parsnips, peeled and cut into finger-length pieces, tough cores removed
- 450g baby carrots, scrubbed
- 3 tbsp olive oil
- 2 tbsp maple syrup
- 1½ tbsp white wine vinegar
- handful thyme, leaves picked and chopped



Harissa & Marmalade Roasted Roots

By BBC Goodfood

Ingredients

- 500g unpeeled baby parsnips (or small parsnips), ends trimmed, any larger ones cut in half lengthways
- 500g unpeeled baby carrots, ends trimmed
- 2 tbsp sunflower oil
- 1 tbsp rose harissa
- 3 tbsp thin-cut marmalade

1. Heat oven to 200C/180Cfan/gas 6.

2. Bring a large pan of salted water to the boil.

3. Add the parsnips and carrots, cook for 2 mins, then drain and empty into a large roasting tin. Drizzle over the oil and season.

4. Mix together the harissa and marmalade, then spoon over the veg and toss to coat. Roast for 45-50 mins until sticky and caramelised.

Exchange Value: Free

Prep Time: 5 mins

Cook Time: 55 mins

Serves: 6

Cauliflower Cheese

By BBC Goodfood

Ingredients

- 1 large cauliflower, cut into florets, stalks chopped and leaves separated (~840g)
- 1 tbsp sunflower oil
- 50g butter
- 50g Low-Protein plain flour
- 2 tsp mustard powder
- 2 tsp onion granules
- 2 tsp garlic granules
- 800ml ProZero
- Breadcrumbs (2 slices of loprofin bread)
- 75g vegan cheddar, grated (Violife) (0 exchanges)



1. Heat the oven to 200C/180C fan/gas 6.

2. Toss the cauliflower florets and stalks with the oil in a large roasting tin and season well.

3. Roast for 25-30 mins until almost tender, then add the leaves and cook for a further 5 mins.

4. To make the sauce, melt the butter in a large saucepan. Add the loprofin mix, mustard powder, onion and garlic granules and cook for 2-3 mins.

5. Gradually add the ProZero, whisking well to incorporate. Bring to a gentle simmer, stirring constantly, then simmer for 4-5 mins until thickened and reduced slightly.

6. To make the breadcrumbs, blitz loprofin bread in a food processor until it resembles fine breadcrumbs.

7. Tip the breadcrumbs and vegan cheese into a bowl and stir to combine. Season well.

8. Remove the cauliflower from the oven, spoon over the sauce and stir to combine. Scatter over the cheesy breadcrumbs and return to the oven for 10 mins until bubbling and golden.

Exchange Value: per serving: 1.5 exchanges

Prep Time: 15 mins

Cook Time: 45 mins

Serves: 4

Whole Roasted Cauliflower

By Violife

Ingredients

- 1kg large cauliflower, whole
- 400g tin of tomatoes
- 3 cloves of garlic
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ a bunch of fresh thyme, leaves
- 4 tbsp vinegar
- 3 tbsp olive oil
- 1 lemon, juice and zest
- Salt and pepper
- ½ bunch of chopped fresh flat-leaf parsley, to garnish

For the Sauce:

- 1 pack Violife Epic Smoked Cheddar Flavour block, grated (1.5 exchanges)
- 1 pack Violife Grated Original (0 exchnages)
- 200g white wine
- Black pepper



- 1. Preheat the oven to 180°C. In a blender mix together garlic, paprika, cumin and half of the thyme leaves. Add olive oil, salt and pepper and mix until a paste is formed.
- 2. Cut the bottom of the cauliflower so that it can sit flat and place in a ceramic casserole dish. Use your hands to rub the paprika mixture all over the cauliflower. Add the lemon juice and vinegar and place in the oven, cover with a lid and bake for 90 minutes.
- 3. Remove the dish from the oven, pour in the tomatoes, sprinkle over the lemon zest, drizzle with the tahini and the remaining thyme leaves. Bake for a further 10 minutes.
- 4. Meanwhile make the Violife sauce by pouring the wine in a small saucepan alongside the grated Epic Smoked block and the Grated Original. Season with black pepper. Use a whisk to combine until melted.
- 5. When a fondue forms, pour over the cauliflower. Garnish with parsley and slice into cauliflower steaks to serve.

Exchange Value: per serving 1 exchange
Prep Time: 30 mins
Cook Time: 1 hour 30 mins
Serves: 6





Mac and 'Cheese'

By Violife

Exchange values: Depending on cheese used

Prep Time: 30 mins

Serves: 4

1. Boil the pasta according to packet instructions, minus 2 minutes. Drain and set aside.
2. In a skillet sauté onion and garlic in a bit of olive oil. Season with salt and pepper, paprika, chili and cumin. Stir and cook until soft and fragrant.
3. Add white wine and stir until evaporated for about one minute. Add the broth and once it comes to a boil add the grated Violife and pasta shells, stirring until it melts for about 3 minutes. Add the chives
4. Serve with some chopped chives.

Ingredients

- 1 Violife EPIC Christmas Platter, grated (3.5 exchanges in total)*
- ½ kg Low-Protein pasta
- 1/2 medium white onion, diced
- 3-4 cloves garlic, minced
- 400 ml vegetable broth
- 50 ml white wine
- 1 tsp paprika
- 3/4 tsp chili powder
- 1/2 tsp cumin
- A handful of Chives, finely sliced

Alternatively, use a Violife original grated flavour and grated mature cheddar (1 exchange in total)



Ingredients

- 150g Violife after dinner cranberry block (1.8 exchanges per 150g)
- 1 green apple (cut into strips)
- 2 medium beetroots (cut into strips)
- 2 carrots (cut into strips)
- Celery (cut into strips)
- Cup of pomegranate seeds
- Fresh parsley
- Salt and pepper

For the Dressing:

- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 2 tbsp maple syrup
- 1 small garlic clove
- 1 tbsp mustard

Christmas Salad

By Violife

1. In a mixer blend together all the ingredients for the dressing. In a large salad bowl add all the ingredients for the salad and the dressing and mix thoroughly.

2. Make sure you keep on the side 50g Violife After Dinner with Cranberry, to add on top when serving on a large platter.

Note: Can substitute the cranberry cheese with violifes Greek white block (0 exchanges).

Exchange Value: per serving ½ exchange

Prep Time: 10 mins

Serves: 4



Christmas Dessert and Treat Ideas



Gingerbread Cookies

By Vitaflo

Exchange Value: Free

Cook Time: 1 hour

Makes: 4

Ingredients

- 40g Butter, softened
- 70g Demerara sugar
- 1 tsp Ginger, ground
- 1 tsp Cinnamon, ground
- 140g Fate Low Protein All-Purpose Mix
- 50ml ProZero
- 1 tsp Egg replacer
- ½ tsp Vanilla essence
- 1 tbsp Golden syrup
- Candy canes (optional)
- 1 tsp Oil (optional)
- Colourful Icing pen

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. In a bowl, cream the butter and the sugar.
3. Add the ginger, cinnamon and Fate Low Protein All-Purpose Mix and rub together with your fingertips to create a breadcrumb texture.
4. In a separate bowl, mix together the ProZero, egg replacer, vanilla essence and golden syrup.
5. Add this mixture to the Fate Low Protein All-Purpose breadcrumbs and knead into a dough.
6. Roll dough to a thickness of 0.5cm, cut into 4 gingerbread men and place onto a lightly greased baking tray.
7. If you would like your gingerbread men to hold a candy cane, roll up a small ball of tin foil, rub with the oil and place on the body of the gingerbread men.
8. Fold the arms over the tin foil ball and press together.
9. Cook for 20-25 mins. Remove from oven and cool on a wire rack. If necessary, remove the tin foil and replace with a candy cane.
12. Draw the eyes, smile, buttons and cuffs on with the icing pens and serve.





Sparkly Shortbread Stars

By Vitaflo

Ingredients

- 225g Fate low protein all-purpose mix (plus extra for dusting)
- 75g Light brown soft sugar
- 150g Block margarine, at room temperature
- 18 Boiled sweets

1. Preheat oven to 160°C/fan 140°C/gas mark 3. Place Fate low protein all-purpose mix and sugar into a bowl. Rub in the block margarine with your fingertips, until it resembles fine breadcrumbs. Continue to mix until it forms dough.

4. Dust surface with Fate low protein all-purpose mix and knead the dough, until smooth. Roll dough to 0.5cm thick. Using a star shape cutter, cut 18 biscuits from the dough, place onto a baking tray lined with baking paper.

6. Using a smaller star shape cutter, cut out the centre of each larger star biscuit and then place a whole boiled sweet in the centre. Place the smaller star shaped biscuits on another baking tray lined with baking paper.

7. Bake larger biscuits with the boiled sweet centre for 10-15 minutes and 5-10 minutes for smaller star biscuits. Once cooked they should be lightly browned and the sweet melted.

Exchange Value: *80g potato = 1 exchange

Prep Time: 15 mins

Cook Time: 25 mins

Makes: 18

Christmas Trifle

By Vitaflo and BBC Goodfood

Ingredients

For the Sponge:

- 300g Loprofin Mix
- 150g caster sugar
- 150g soft margarine
- 3 tsp baking power
- 4 tsp Loprofin Egg Replacer
- 225ml ProZero or water
- Few drops of vanilla essence or 1 tsp vanilla bean paste

For the Compote

- 400g raspberries (any berries, fresh or frozen)
- 100g caster sugar
- 1 tbsp lemon juice

For the Custard

- 30g Custard power (not instant mix)
- 600ml ProZero

For the Cream*

- 400mls of Prozero milk
- 100g unsalted butter
- 4 heaped teaspoons of corn flour

To serve

- 300g Raspberries
- 10 mint Leaves

Use Elmea Double Cream Plant Alternative: 250ml: 1.5 exchanges instead of making cream



Exchange Value: Free

Prep Time: 1 hour

Cook Time: 1 hour 20 mins

Serves: 8

Method for Christmas Trifle

To Make the Compote:

1. Put the raspberries, sugar and lemon and 50ml of water in a small pan.
2. Bring it to a simmer and cook for 4-6 minutes, until the fruit breaks down into a sauce (ish).
3. Remove from heat and leave to cool.

To Make the Sponge

1. Preheat the oven to 190C/gas 5 and oil and line a 20cm square or round cake tin with parchment
2. In a bowl mix the Loprofin Mix, margarine, sugar, Loprofin egg replacer and baking powder until it resembles fine breadcrumbs.
3. Add Prozero or water along the vanilla essence and mix until creamy and smooth.
4. Place in the tin for 20-25 minutes and allow to cool.
5. There might be an excess amount of cake mix, for this recipe. If this is the case you can make some extra cupcakes or freeze it.

To Make the Cream:

1. Follow recipe and steps on page 14.

To Make the Custard:

1. Place the custard powder into a jug and add about 80ml of Prozero and stir to a smooth paste.
2. Pour the remaining ProZero into a small saucepan and place over a gentle heat until simmering.
3. Add custard paste and stir in well. Continue stirring until the custard is thickened and smooth.

To Assemble:

1. Cut the sponge into squares or fingers, and place in the bottom of a trifle dish.
2. Spoon over the compote, and then add 150g of the raspberries.
3. Give the cooled custard a brief whisk, then pour over the top of the raspberries.
4. Chill for 1-2 hrs until the custard has set.
5. Once chilled, spoon the whipped cream over the top of the custard.
6. Chill until ready to serve and scatter raspberries and mint leaves on top.
7. Finish with a dusting of icing sugar.



Exchange Value: per serving
(cococonut milk as 2 exchanges): 1
exchange

Prep Time: 20 mins

Serves: 6

Mini Christmas Trifle

By Violife

1. To make the mousse blend together avocados, frozen bananas, cinnamon, cocoa, dates, and blend until smooth and creamy. Set in the fridge.
2. In a separate bowl whisk Violife Creamy Original, and coconut milk until creamy. Then add vanilla, maple syrup, all spice and whisk until stiff.
3. In small glasses or bowls, layer the mousse, top with cherries and whipped cream. Repeat process one more time. Garnish with fresh cherries. Place in the fridge to set.

Ingredients

For the Mousse:

- 2 small ripe avocados (4 exchanges)
- 4 medium bananas, sliced and frozen
- 4 tbsp cocoa powder
- 2 dates, pitted
- 1 tsp cinnamon

For the Whipped Cream:

- 400g Violife creamy original (0g exchanges)
- 400g light coconut milk*, refrigerated overnight
- 1 tsp vanilla extract
- 2 tablespoon maple syrup
- 2 tsp all spice

To serve:

- 1 ½ cups frozen dark cherries, chopped and drained
- Fresh cherries

*Tesco Light Coconut Milk: 1.6 exchanges per 400ml

Blue Dragon Light Coconut Milk: 2.1 exchanges per 400ml*

Mince Pies

by BBC Goodfood and VitaFlo

Exchange Value: Free

Cook Time: 45 mins

Makes: 10

Ingredients

- 1 large apple, peeled and grated (200g)
- 140g mixed dried fruit
- 260g jar black cherries in kirsch
- 1 orange zested and juiced
- 1 tsp cinnamon
- 1 tsp ginger
- 1 tsp all spice
- 100g dark brown sugar
- 10ml ProZero
- 1 tsp ground cinnamon

To Make the Mincemeat:

1. Heat oven to 180C/160C/gas mark 4.
2. Tip all the mincemeat ingredients into a casserole dish or roasting tray – be sure to include half the kirsch from the jar of cherries.
3. Mix everything together, and then cover with a lid or a sheet of foil. Bake for 35-40 mins until all the sugar has melted, the mixture is bubbling slightly at the edges and the liquid has reduced (the mixture firms a bit as it cools, so be careful not to over-reduce).
4. Set aside to cool completely.

Alternatively: Instead of making the filling you can buy 125g Robertson's Mincemeat (0.8gexchanges per 100g)

To Make the Pastry:

1. Follow recipe and method on page 5.

To Assemble:

1. Put a heaped spoonful of mincemeat in the middle of each circle and place a star on top.
2. Brush with Prozero then bake for 20 mins or until golden.
3. Leave to cool and dust with icing sugar and cinnamon.





Exchange Value: Free

Prep Time: 45 mins

Cook Time: 25 mins

Serves: 6

Ingredients

For Cupcakes:

- 50g Sugar
- 50g Butter
- 100g Fate Low Protein All-Purpose Mix
- 1 tsp Baking powder
- 75ml ProZero
- 1 tsp Egg replacer
- 1 tsp Vanilla essence

For Decorations:

- Buttercream (see pg 51 or use betty crocker) and red and peach food colouring
- Suitable chocolate chips
- Red smarties or skittle

Santa Cupcakes

By Tastemade and Vitaflo

For the Cupcakes:

1. Preheat oven to 180°C/fan 160°C/gas mark 5.
2. Cream together the sugar and butter in a bowl. Add the Fate Low Protein All-Purpose Mix and the baking powder and rub together with your hands until it resembles breadcrumbs.
3. In a separate bowl, mix together the ProZero, egg replacer and vanilla essence.
4. Add the ProZero mixture to the breadcrumb mixture and mix until well combined.
5. Spoon the mixture evenly into the cup cake cases. Bake in the oven for 25 minutes.
6. Remove from the oven and allow to cool.
7. To make the buttercream follow the recipe on page 51 or use a suitable store bought version.
8. Split the buttercream into 3 bowls, add peach food colouring to one, red to another and leave one plain. Mix all.
9. Spread the peach food colouring over the cupcake. Pipe a red hat at the top of the cupcake. With the white icing pipe a dot at the end of the hat, little dots around the outline of the hat and Santa's beard.
10. Finish off by adding 2 chocolate chips for eyes and a red smartie or skittle for the nose.

Ingredients

- **For Rocky Road:**

- 7 Vitabite® bars
- 3 Low protein shortbread biscuits, broken into small pieces
- 1 Bag Mallows vegetarian marshmallows, chopped
- 1 Bag Tesco free from white chocolate buttons, chopped
- 40g Glacé cherries, chopped
- 40g Mixed peel

- **For Icing and Decoration:**

- 100g Icing sugar
- 15ml Water
- 16g Green fondant icing
- 10g Red fondant icing

Exchange Value: Free

Prep Time: 35 mins

Makes: 3 large or 18 small

1. Grease 3 large (8x4cm) pudding ramekins or 18 small (5x2cm) silicone pudding moulds with butter.
2. Melt Vitabite in a heatproof bowl over a pan of boiling water.
3. Combine shortbread pieces, marshmallows, white chocolate buttons, glace cherries and mix peel with the melted Vitabite until everything is coated.
4. Spoon the mixture into the moulds and press down with a spatula.
5. Refrigerate until set, and then turn out onto a plate.
6. To decorate, mix the icing sugar with water and spoon liberally over the rocky road, allowing the icing to drip down the sides.
7. Form leaf shapes out of green fondant icing using a knife or cutter and make small balls out of the red fondant icing.
8. Arrange these on the top of the Rocky Road to resemble a Christmas pudding. Arrange these on the top of the Rocky Road to resemble a Christmas pudding

Christmas Pudding Rocky Road

By Vitaflo



Christmas Pudding Cake Pops

By BBC Goodfood and Vitaflo

Ingredients

- 50g Sugar
- 50g Margarine, soft
- 100g Fate low protein all-purpose mix
- 1 tsp Baking powder
- 75ml ProZero
- 1 tsp Egg replacer
- 1 tsp Vanilla essence

To Decorate:

- 300g suitable dark chocolate*
- 50g suitable white chocolate*
- Sugar holly decorations or red/green writing icing.

Tesco free from chocolate, Vitabites etc



1. If using the cake pop mould, preheat oven to 180°C/fan 160°C/gas mark 5. Alternatively, heat cake pop maker according to manufacturer's instructions.
2. Cream together the sugar and margarine in a bowl.
3. Add the Fate low protein all-purpose and the baking powder and rub together with your hands until it resembles breadcrumbs.
4. In a separate bowl, mix together the ProZero, egg replacer and vanilla essence.
5. Add the ProZero mixture to the dry mixture and mix until well combined.
6. Spoon into mould or cake pop maker.
7. Cook for 20 minutes in the oven or until golden brown in cake pop maker. Allow to cool and insert lollipop sticks.
9. To decorate, melt the chocolate in the microwave, dip the cake pop in the chocolate. Return to the fridge for 5 minutes.
10. Melt the white chocolate in the microwave. Dip the top of the cake pop into the melted chocolate, allowing any excess chocolate to drip off and spin the pops to even out the surface.
11. Poke the pops into a piece of polystyrene or cake pop holder if you have one, keeping the pops apart.
12. Allow to set for about half an hour.
13. Pipe on holly leaves with the green icing and two little dots for berries using the red. Once finished, store them in a cool place, though not the fridge.

Exchange Value: Depends on chocolate used

Prep Time: 20 mins

Cook Time: 55 mins

Makes: 12





1. Follow recipe on pg 43 to make cake pops
2. Melt the milk chocolate in the microwave or in a bowl over a pan of barely simmering water.
3. Take a cake pop and dip in the chocolate. Shake gently until the excess has drained off. Push into a polystyrene block.
4. Make two holes in the top of the head and insert a pretzel 'antler' in each one.
5. Press a sweetie nose onto the front and hold for a few seconds until attached.
6. Leave to set for about 20 mins and then using black icing, pipe on eyes and a mouth.

Reindeer Cake Pops

By BBC Goodfood

Exchange values: Depending on chocolate used

Prep Time: 30 mins

Makes:8

Ingredients

- 100g Vitabite Milk Chocolate or suitable chocolate
- Small pretzels broken into antler shape pieces
- 8 small jellies or red smarties
- 2 tbsp royal icing coloured black or purchased black writing icing.



Ingredients

- 100ml Aquafaba
(Chickpea water)
(1.4g Protein/100mls
(1.5 exchanges))
- ¼ tsp Cream of
tartare
- 100g Caster sugar
- 1 tsp Vanilla essence
- Red food colouring

Meringue Kisses

By BBC Goodfood and Vitaflo

1. Pre-heat the oven to 120°C/fan 100°C/gas mark ¼
 2. Pour boiling water into a clean glass bowl, this will remove any excess grease on the bowl if needed (grease stops Aquafaba expanding). Then pour away.
 3. Place the aquafaba and cream of tartare into the bowl and whisk with the electric whisk, until it forms soft peaks.
 4. Add in the caster sugar gradually, 1 tbsp at a time and whisk between each spoonful. Whisk until it forms stiff peaks.
 5. Add the vanilla essence and whisk for 10 seconds, until combined.
 6. Fit a disposable piping bag with a round nozzle, paint red food colouring paste in stripes onto the inside of the bag, then fill with meringue
 7. Hold it vertically to the baking sheet and gently squeeze, pulling the bag up and away to make a peak. Make sure the meringue dots at the top. Pip onto a tray lined with parchment paper
 8. Bake in the oven for 90 minutes.
 9. Turn the oven off and leave in the oven for further 30 minutes.
- a

Exchange Value: per serving ½ exchange

Prep Time: 20 mins

Cook Time: 2 hours

Makes 4

Snowman Cake

By BBC Goodfood

Ingredients

For the Cake:

Follow recipes on pg 48-50

To Assemble:

- Betty Crocker Icing Sugar (or follow pg 51)
- Icing sugar to dust
- 500g pack white fondant icing
- Ready to roll icing (different colours)



1. If using the Victoria sponge cake, cover the cake (sides and top) in vanilla buttercream icing.
2. Roll out the white fondant icing on a surface lightly dusted with icing sugar until large enough to cover the top and sides of the cake.
3. Drape the fondant icing over the cake and carefully mould to fit. Trim off any excess, wrap and set aside.
4. Roll out the green icing and cut out a semi-circle, using the base of the cake tin as a guide; this will be the snowman's hat. Brush one side with a little water and stick on the cake. Cut a strip of green icing and make some markings to make it look like the band of a hat, then trim to the correct length and stick on.
5. To make the nose, shape a round, flat lump from the orange icing. Mark a smile by gently pressing the rim of a water glass into the fondant.
6. Cut out two circles from the black icing for the eyes, and then add a small circle of white icing (from the offcuts) to make the eyes appear to sparkle.
7. To make the scarf, wrap a strip of the blue icing around the base of the cake, then use a knife to add cuts for the fringe

Exchange Value: Free

Prep Time: 30 mins

Cook Time: Depending on cake

Serves: 8-10

Winter- Wonderland Cake

By BBC Goodfood

Exchange Value: Free
Prep Time: Depending on Cake
Cook Time: Depending on Cake
Serves: 8-10

Ingredients

For the Cake

- Pick a cake from pg 48-59

For Decoration

- Suitable Buttercream Frosting (follow pg 51 or buy store-bought)
- 8 candy canes
- Suitable jelly sweets

1. To make the cake the follow the recipe on page

2. Bake the cake in a large circular tin
If making homemade buttercream follow recipe on page

3. Once the cake is cooled, spread the buttercream on the top and sides on the cake, in a motion that is snow like.

4. Crush four of the candy canes and sprinkle over the cake, and then add the remaining whole candy canes. Add some jellies.





1. Grease and line a 7" or 8" cake. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Place the Loprofin Chocolate Cake Mix into a deep bowl, add the oil and mix well until it resembles breadcrumbs.
3. Add the sparkling water and mix well.
4. Spoon the mixture into a greased cake tin and leave to stand for 15 minutes.
5. Bake in a preheated oven for 45–55 minutes.
6. Allow to cool in the tin for 5 minutes before transferring onto a wire rack.
7. Ice with suitable low protein chocolate buttercream icing.
8. Leftovers should be covered and stored in a cool, dry place for up to 3 days.

Chocolate Cake

By Nuticia

Exchange values: Free

Prep Time: 20 mins

Serves: 10

Ingredients

- 500g Loprofin Chocolate Cake Mix
- 120ml sunflower oil
- 220ml sparkling water
- Suitable chocolate buttercream icing (pg 51 or store-bought)
- Decorate according to page 46 or 47.



1. Preheat the oven to 190C/gas 5 and oil and line a 20cm square or round cake tin with parchment
2. In a bowl mix the Loprofin Mix, margarine, sugar, Loprofin egg replacer and baking powder until it resembles fine breadcrumbs.
3. Add Prozero or water along the vanilla essence and mix until creamy and smooth.
4. Place in the two greased lined 18cm sandwich tins and bake for 20-25 minutes and allow to cool.
5. Remove from oven, leave to cool before spreading jam. Place both cakes on top of each other and dust with icing sugar.
Decorate according to page 46 Or 47.

Victoria Sponge Cake

By Loprofin

Exchange values: Free

Prep Time: 20 mins

Servess: 8

Ingredients

- 300g Loprofin Mix
- 150g caster sugar
- 150g soft margarine
- 3 tsp baking power
- 4 tsp Loprofin Egg Replacer
- 225ml ProZero or water
- Few drops of vanilla essence or 1 tsp vanilla bean paste
- Jam, buttercream and Icing Sugar



1. Preheat oven to 190°C.
2. Place the margarine, sugar and vanilla essence in a large bowl, beat for 1-2 minutes until light in texture and creamy coloured.
3. Thoroughly mix together the Loprofin Baking Mix, Egg White Replacer and baking powder. Then alternate stirring in the creamed mixture and the Sno-Pro, until a soft smooth batter is achieved. Do not overbeat.
4. Transfer the mixture to a tin lined with baking paper and level the surface with a knife.
5. Bake the cake in a preheated oven for 15 minutes, until well risen and firm to touch. The cake will be pale in colour. Cool in the tin for 5 minutes before transferring onto a wire rack.
6. When cool, the cake may be halved and sandwiched with vanilla buttercream. Spread buttercream around the outside. Decorate according to page 46 or 47.

Vanilla Sponge Cake

By Nutricia

Exchange values: Free

Prep Time: 20 mins

Serves: 10

Ingredients

- 50g margarine or butter at room temperature
- 50g caster sugar
- 1 tsp vanilla essence
- 115 g Loprofin Baking Mix
- 1 tsp Loprofin Egg White Replacer
- 1 tsp baking powder
- 100 ml Loprofin Sno-Pro
- Suitable Buttercream Frosting(pg 51 or store bought)



1. To make the buttercream cream the butter (easier with an electric whisk) until smooth.
2. Add in the icing sugar and vanilla extract and whisk together until fluffy buttercream is formed
3. If using food colouring add a few drops in and mix

Buttercream Icing

Ingredients

- 200g butter, room temperature
- ½ tsp vanilla extract
- 300g icing sugar
- Food Colouring (optinal)

