



# LOW PROTEIN PANCAKE RECIPES

---

Low Protein and Protein Free



# Low Protein Sweet Pancakes

*By Vitoflo*

90g Fate low protein all-purpose mix

20g Sugar

20g Butter

1 teaspoon Baking powder

½ teaspoon Baking soda

150ml ProZero

1tsp Oil



1. Place Fate low protein all-purpose mix, sugar, butter, baking powder and baking soda into a mixing bowl and rub together with your fingers until butter is evenly distributed and mix resembles sand.
2. Whisk in ProZero gradually until a smooth batter is formed.
3. Heat a non-stick frying pan over medium heat and add oil.
4. Add a ladle of batter to the pan. Wait until top of pancake begins to bubble, then flip over and cook until both sides are golden brown.
5. Repeat until all mixture is used.

# Pumkin Pancakes

*By VitoFlo*

150ml ProZero

½ teaspoon Cinnamon

20g Sugar

1 tablespoon Golden syrup

100g Pumpkin, peeled and chopped into  
1cm chunks

90g Fate Low Protein All-Purpose Mix

½ teaspoon Baking soda

20g Butter

1 teaspoon Oil

20g Food Heaven Whipped Spray Cream (available  
from Supervalu)

A handful of blackberries



1. Boil the pumpkin over a medium heat for 15 minutes or until soft and drain away excess water.
2. Place the boiled pumpkin in a bowl with the ProZero, cinnamon, sugar and the golden syrup.
3. Blend with the electric hand-held blender until smooth.
4. In a separate bowl, add together the Fate Low Protein All-Purpose Mix, baking soda, baking powder and butter and rub between your fingertips until you get a breadcrumb consistency.
5. Add the pumpkin mixture to the breadcrumbs and mix until smooth.
6. Place a pan over a medium heat and add the oil.
7. Using a pastry brush, spread the oil so that the whole pan is covered.
8. Pour a tablespoon of mixture into the pan and spread into a circle with the back of the spoon.
9. Allow to cook until bubbles form on the surface of the pancake and flip.
10. Cook for a further minute and remove from the pan.
11. Repeat steps 8-10 to make multiple pancakes.
12. Serve with low protein 'cream' and blackberries.

# Chocolate Pancakes

*By Vitoflo*

90g Fate Low Protein All-Purpose Mix

20g Sugar

20g Butter

1 teaspoon Baking powder

½ teaspoon Bicarbonate soda

1 x 25g Vitabite bar, grated

150ml ProZero Chocolate flavour

1 tsp Oil



1. Place Fate Low Protein All-Purpose Mix, sugar, butter, baking powder, bicarbonate soda and Vitabite into a mixing bowl and rub together with your fingers until the butter is evenly distributed and mix resembles sand.
2. Whisk in ProZero Chocolate flavour gradually until a smooth batter is formed.
3. Heat a non-stick frying pan over medium heat and add oil.
4. Add a ladle of the batter to the pan. Wait until the top of pancake begins to bubble, then flip over using a spatula and cook until both sides are golden brown.
5. Repeat step 4 until all mixture is used.

# Double Chocolate Pancakes

*By Vitoflo*

90g Fate Low Protein All-Purpose Mix

20g Sugar

20g Butter

1 teaspoon Baking powder

½ teaspoon Bicarbonate soda

4 x 25g Vitabite bars, broken into chunks

150ml ProZero

1 tsp Oil

50ml 'Chocolate' Custard (see recipe  
[vitafriendspku.co.uk/recipes](http://vitafriendspku.co.uk/recipes))

10g Freedom Mallows Vegetarian Mini Pink and White Vanilla Marshmallows or Freedom Mallows Vegetarian Vanilla Marshmallows (available from Holland and Barrett)

1. Place Fate Low Protein All-Purpose Mix, sugar, butter, baking powder, bicarbonate soda and Vitabite into a mixing bowl and rub together with your fingers until mix resembles sand.
2. Whisk in ProZero gradually until a smooth batter is formed.
3. Heat a non-stick frying pan over medium heat and add the oil.
4. Spoon a ladle of batter to the pan. Wait until top of pancake begins to bubble, then flip over and cook until both sides are golden brown.
5. Repeat until all the batter mix is used.
6. Serve topped with 'chocolate' custard and the marshmallows.





# Vegan Cinnamon and Blueberry Pancakes

*Adapted from Violife recipes*

1 Violife Just like cream cheese original

2 Cups blueberries

1 tablespoon icing sugar

a squeeze of lemon juice

1 cup Fate All-purpose mix

2 tablespoon caster sugar

2 teaspoon baking powder

pinch of salt

1 tsp vanilla extract

2/3 cup Prozero

1/2 teaspoon vegetable oil

1 teaspoon cinnamon



1. Place berries into a small dish with confectionary sugar and lemon juice
2. Bake in a preheated oven ( 180°C) for 5-10 minutes to create fruit compote.
3. Remove from oven and cover to keep warm.
4. Combine all purpose mix, caster sugar, baking soda, and salt into a mixing bowl.
5. Whisk in vanilla, cinnamon, and Prozero.
6. Heat a non-stick frying pan over medium heat with 2 teaspoon of oil.
7. Scoop ¼ cup batter per pancake. Cook thoroughly on each side.
8. Place finished pancakes in oven on low heat while remaining pancakes cook.
9. Serve with compote and a dollop of Violife Just Like Cream Cheese Original.

# Sweet Pancake toppings

## Creamy glaze topping for plain pancakes and fruit pancakes

*Adapted from Violife recipes*

5 tbsp violife creamy original

¼ tsp ground cinnamon

1 tsp maple syrup

Zest of half an orange



## Stewed apple

*By BBC goodfood*

3 apples peeled, cored and chopped

2-4 tbsp caster or light brown sugar

1 tbsp lemon juice

½ tsp ground cinnamon



1. Strawberries, blueberries, banana slices
2. Jam
3. Low protein yoghurt alternative (count exchanges)
4. Tesco free from buttons (white or choc)
5. Maple Syrup
6. Golden Syrup
7. Butter
8. Powdered sugar
9. Cinnamon sugar
10. Fruit compote
11. Banana and low protein toffee syrup
12. Low protein whipped cream (Food Heaven Heavenly Whipped available in Supervalu)
13. Protein Free Marshmallows (available from Holland And Barrett)

# Savoury Vegan Pancakes

*Adapted from BBC goodfood*

150g Fate low-protein all-purpose mix	½ small bunch of chives, finely chopped
½ tsp baking powder	1 large vine tomato, halved
100g Violife cream cheese alternative	4-6 baby portobello mushrooms
200ml Prozero	1 tbsp oil
	A few thyme sprigs



Put the all-purpose mix, a pinch of sea salt and baking powder in a bowl to combine. In a separate bowl combine 50g of the cream cheese alternative with the Prozero. Stir in half the chives, then pour into the dry ingredients, whisking to form a smooth, thick batter.

Heat the grill to medium high. Arrange the tomato halves, cut-side up, and the mushrooms on a tray. Season well, scatter over the thyme leaves and drizzle over the oil, rubbing the oil into the mushrooms. Grill for 10-15 minutes until softened and the mushrooms are wilted and tender throughout.

Brush a little oil around a large non-stick frying pan and place over medium heat. Add 2 tbsp of the batter to the pan. Make sure the pancakes don't touch each other. Cook for 2 minutes until the edges start to set and bubbles rise to the surface. Flip and cook for another 2 minutes until light golden and cooked through.

Spread the remaining violife over the pancakes. Top the pancakes with the tomatoes and mushrooms. Season and scatter over the remaining chives.



# Sweetcorn Pancakes

*Adapted from BBC goodfood*

A whole corn on the cob or 330g can of sweetcorn, drained

Egg replacer for 2 medium eggs

5 tbsp proZero

25g butter melted

85g Fate low protein all purpose mix

2 spring onions finely chopped

4 tbsp oil



Turn the grill on high. If using fresh corn, remove the husk and slice the kernels from the cob with a large sharp knife, then cook in a pan of boiling water for 5 minutes. Drain and leave to cool.

Whisk the egg replacer, ProZero and butter together. Whisk in the low protein flour all-purpose mix and a large pinch of salt until smooth, then mix in the corn and the spring onions.

Add the oil in a large frying pan, add 4 large spoonfuls of the batter and fry for 1-2 minutes on each side until pancakes are puffed up and golden.

# Parsnip Pancakes

*By Vitoflo*



100g Parsnips, peeled and grated

150ml ProZero

90g Fate Low Protein All-Purpose Mix

½ teaspoon Egg replacer

½ teaspoon Baking powder

20g Butter

1. In a bowl, mix all the ingredients and blend until smooth.
2. Place a frying pan over a medium heat and add the butter.
3. Using a pastry brush, spread the butter so that the whole pan is covered.
4. Pour a tablespoon of mixture into the pan and spread into a circle with the back of the spoon.
5. Allow to cook until bubbles form on the surface of the pancake and flip.
6. Cook for a further minute and remove from the pan.
7. Repeat steps 4-6 until the mixture has been used up.

# Savoury stuffed Cheese pancakes, with mushroom gyro (optional)

*Adapted from Violife recipes*

- Shred the mushrooms using your hands. Place into a lined baking tray and sprinkle with spices, olive oil, salt and pepper. Toss to coat evenly and bake in a preheated oven 180°C for 20 minutes until crispy.
- Cut the violife cheddar into 6 pieces
- In a large bowl whisk together the dry ingredients. Pour in the ProZero, water, oil and salt and whisk until combined.
- Heat a nonstick pan over medium heat and add 1 teaspoon of the butter. Add a ladleful of the batter into the pan. Use the back of the spoon to spread it out, into an even circle.
- Place a piece of Violife cheese into the centre of the batter and top with some extra batter to cover.
- Cook until golden brown for about 1-2 minutes and then carefully flip over, cooking for another 1-2 minutes. Repeat with the remaining batter.
- To assemble place the pancake on a plate and top with the mushroom gyro, tomato, onion and parsley.

200 g Violife Cheddar flavour block

6 teaspoon of butter

190 g Fate low-protein all-purpose mix

1 tablespoon baking powder

2 tablespoon granulated sugar

240 g ProZero

125 g water

2 tbsp oil

A pinch of salt

*For the mushroom gyro (optional):*

400g oyster mushroom\*need to count in large amounts

1 tsp smoked paprika

1 tsp cumin

1 tsp oregano

Salt and pepper

3 tablespoons olive oil

*For serving:*

Fresh roughly chopped parsley

2 tomatoes sliced

1 onion thinly sliced



# Savoury Pancake Toppings

1. Butter
2. Violife cream cheese alternative
3. Garlic butter and fresh chopped herbs
4. Low protein cheese alternatives
5. Avocado
6. Tomato slices
7. Spinach
8. Low protein Basil Pesto
9. Sauteed mushrooms
10. Caramelised onions

