

Low Protein Pancake Tuesday Recipes

1. Raspberry Pancakes

Recipe makes 5-6 pancakes (**Free**)



Ingredients:

- 20g melted Butter
- 125g Loprofin Low Protein Mix
- 200ml ProZero Milk
- 2 teaspoons of oil
- 1 teaspoon Vanilla Essence
- 60g Raspberries (1 cup)

Optional Toppings:

- Honey
- ½ Banana
- Lemon and Sugar
- Melted Vitabite Chocolate Bar

- Other fruits such as blueberries, strawberries, etc

Method:

1. Add vanilla essence, melted butter and Prozero milk and mix
2. Place the Loprofin mix in a bowl
3. Chop the raspberries in half and add them into the bowl
4. Mix the vanilla, butter and Prozero milk combination into the cake mix and raspberry bowl with a whisk, leave for approximately 5 minutes
5. Heat pan, brush with oil
6. Using a blue scoop, place mixture onto the pan
7. Cook until firm, turn over and cook for about 4-5 minutes.
8. Top with the remaining raspberries or any other toppings to serve

Recipe altered from 'Pancake Recipes 2023' on Metabolic Dietitians Drive

2. Sweet Pancakes

Recipe makes 3 pancakes (**Free**)

Ingredients:

- 90g Fate Low Protein All-Purpose Mix
- 20g Sugar
- 20g Butter
- 1 teaspoon Baking Powder
- ½ teaspoon Baking Soda
- 150ml Prozero
- 1 teaspoon Oil



Optional Toppings:

Banoffee

- ½ banana, sliced
- 1 tablespoon toffee sauce (Dunnes Stores simply better sea salted toffee sauce = Free [0.15g Protein])

Fruit and Yoghurt

- 2 tablespoon fruit of choice (such as strawberries, blueberries, raspberries, etc)

- 50g Koko plain dairy free yoghurt (0.3g Protein = Free)

Lemon and Sugar

- 1 tablespoon lemon juice
- 1 tablespoon caster sugar
- 1 tablespoon of honey

Vitabite and Strawberries

- 1 Vitabite bar, melted
- 4 strawberries, halved

Method:

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 the top of the pancake begins to bubble, then flip over and cook until both sides are golden brown.
5. Repeat until all mixture is used.

Recipe from Vitafriendspku

3. Crepe Recipe

Recipe makes 6-8 crepes (**Free**)

Ingredients:

- 300g Fate All-Purpose Mix
- 30g Custard Powder
- ½ teaspoon salt
- 80g Caster Sugar
- 75ml Oil
- 450ml Water



Method:

1. Place the All- Purpose Mix, custard powder, salt and caster sugar into a large jug and mix together.
2. Measure out the oil and water into a separate jug.
3. Pour about half of the liquid into the mixture and, using a fork, quickly stir until it's a smooth and creamy texture.
4. Add the remaining liquid and blend well.
5. Gently heat a pan (no need to add any oil) and put about 2-3 tbsp of the pancake mixture into the pan. Gently spread around using the back of a spoon.
6. Cook for around 1 minute on a high heat, until the pancake is dry and golden brown. Then you can flip it over and cook the other side for a similar time.
7. Repeat until all the mixture is gone and pair them with whatever you like

Recipe from Fate Special Foods

4. Low Protein Savoury Pancakes

Recipe makes 3 pancakes



Ingredients:

- 90g Fate low protein all-purpose mix
- 20g Butter
- 1 tsp Baking powder
- ½ tsp Baking soda
- 150ml Prozero
- ½ tsp Tomato puree
- ½ tsp Turmeric
- Pinch of Mixed herbs
- 1 tsp Oil

Filling Ideas-

-Fajita Mix:

- 1 tsp Oil
- 30g Leek, thinly sliced
- 30g Courgette, grated
- 40g Mixed peppers, finely chopped
- ½ tsp Garlic puree
- ½ tsp Tomato puree
- ½ tsp Fajita mix
- 30g Tinned chopped tomatoes

Cheese and Tomato:

- 50g Violife mozzarella flavour, grated
- 4 Cherry tomatoes, halved

Other optional Toppings

- 1 tbsp of Violife Cream Cheese
- 4 cherry tomatoes or sliced cucumber or any veg

Method:

1. Place Fate low protein all-purpose mix, 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 and tomato puree gradually until a smooth batter is formed.
3. Finally stir in turmeric and mixed herbs.
4. Heat a non-stick frying pan over medium heat and add oil.
5. Add a ladle of batter to the pan. Wait until the top of the pancake begins to bubble, then flip over and cook until both sides are golden brown.
6. Repeat until all mixture is used.

Fajita Mix Filling-

1. Heat a non-stick pan over medium heat, add oil.
2. Add chopped vegetables, garlic puree, tomato puree and cook for 3 minutes.
3. Add fajita mix and chopped tomatoes and stir, cook for a further 2 minutes.
4. To serve, place mixture in the middle of pancake and roll

Cheese and Tomato Filling-

1. When cooking the pancake, flip, once one side is golden brown, then add grated Violife to the top of the pancake.
2. Once Violife has melted add tomatoes, remove from pan and enjoy.

Recipe from VitafriendsPKU

6. Cocoa, Avocado & Banana Pancakes

Recipe makes 1 serving



Ingredients:

- 1/4 mashed up Avocado (75g = 1 Exchange)
- 1 tbsp. Cocoa
- 1/2 Mashed Banana
- 2 tbsp Lowprofin low-protein flour
- 150ml Fresh Coconut Milk (Tesco Coconut Milk - 1 ½ Exchanges = 1.35g Protein)
- 1 tsp. Butter.
- 1 tbsp Maple Syrup
- 30g Raspberries (optional)

Method:

1. Whisk the avocado, cocoa, banana and coconut milk together with the Loprofin flour until smooth.
2. Melt butter in a large frying pan. Ensure the pan is completely greased and piping hot.
3. Spoon in the pancake mixture, one large spoonful at a time. Cook the pancakes for several minutes on each side until cooked through.
4. Serve with syrup and berries

Recipe altered from cambrooke.uk

7. Banana Pancakes

Recipe makes 1 serving



Ingredients:

- 1 Small Banana
- 2 tbsp. Loprofin Low-Protein Flour
- 118ml Prozero Milk
- 1 tbsp. Melted Butter
- 1 tbsp. Maple Syrup

Method:

1. Turn on the hob to a medium heat and add half of the butter.
2. In a mixing bowl, mash up the banana. Add the flour and the remaining butter. Gradually add the Prozero until you have a thick pancake paste. Add more milk if you prefer thinner crepes.
3. Take one heaped tablespoon of mixture and add to the pan to make one pancake. Repeat until you have used up all of the mixture.
4. Flip over the pancakes after 1-2 minutes and keep flipping them until golden brown.
5. Serve with maple syrup.

Recipe altered from Cambrooke.uk

8. Pumpkin Pancakes with Warm Orange Sauce

Recipe makes 1 serving



Ingredients:

- 1.5 tbsp. Loprofin Low Protein Flour
- 60ml Fresh KOKO Coconut Milk (0.72g Protein = ½ Exchange)
- 115g Pumpkin, Chopped
- 1 Tangerine
- 1 tbsp. Marmalade
- 1 tbsp. Vegetable Oil

Method:

1. Microwave the pumpkin for 4-5 minutes or until soft, then mash in a bowl.
2. Add the flour, and then gradually mix in the milk. Add more milk if you prefer thinner pancakes. Then add 1 tsp of the marmalade to the mixture and stir well.
3. On a medium-high heat, fry 1 tbsp. oil in a frying pan. After 2 minutes, add the pancake mix. Flip over the pancakes every 1-2 minutes until golden brown on each side.
4. In a bowl, mix the remaining marmalade and oranges with 1 tbsp water. Microwave for one minute, or until the marmalade has melted into a liquid.
5. Drizzle the orange sauce over the pancakes and enjoy!

Recipe altered from Cambrooke.UK