

## St. Patrick's Day Recipes

### Lucky Cupcakes



(Makes 6 cupcakes) **Free**

#### **Ingredients:**

##### For the 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:

- 400g Betty Crocker Vanilla Buttercream Style Icing
- Dr. Oetker Extra Strong Green Food Colour Gel (as much as desired)
- 6 Rainbow Belts, for example Aldi Dominion Fizzy Rainbow Belts (1 Rainbow belt = free)
- 36 Yellow Skittles/gold sugar balls

**Method:**

1. Preheat oven to 180°C/fan 160°C/gas mark 5.
2. Cream together the sugar and butter in a bowl.
3. Add the Fate Low Protein All-Purpose Mix and 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 breadcrumb mixture and mix until well combined.
6. Add in the food colouring until you achieve the colour you desire.
7. Spoon the mixture evenly into the cupcake cases and bake in the centre of the for 25 minutes.
8. Remove from the oven and allow to cool.
9. In a bowl mix the food colouring into the icing and spoon into a piping bag.
10. Ice the cupcakes and add the rainbow belts to form an arch.
11. Add the Skittles around the base of the rainbow and serve.

Recipe adapted from: [Rainbow Cupcakes | Recipes | VitafriendsPKU](#)

## St. Patrick's Day Cake Pops



(Makes 12 cake pops) **Free**

### 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

### Method:

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. Cook for 20 minutes in the oven until golden brown.
7. Allow to cool and insert lollipop sticks.
8. To decorate, melt the Vitabite chocolate bars and dip the cake pops into it until covered. Finish with permitted green sprinkles and icing pens.

Image from [Mint Oreo Truffles Recipe | In Katrina's Kitchen](#)

Recipe adapted from: [Cake Pops | Recipes | VitafriendsPKU](#)

## Guacamole & Veggie Sticks



(Serves **6**): 1 serving = **1 - 1 ½ Exchanges** (Depending on Protein Disorder, See Table Below)

**Commented [EC1]:** Changed to 6 servings to make it more suitable for child's portion and to lower exchange amount per serving

	<b>PKU</b>	<b>HCU</b>	<b>MSUD</b>	<b>Other Protein Disorders</b>
<b>Per Serving</b>	<b>1</b>	<b>1 ½</b>	<b>1</b>	<b>1 ½</b>

### Ingredients:

#### For Guacamole-

- 3 avocados
- ½ small red onion
- 2 tomatoes
- 3 tbsps. finely chopped fresh cilantro
- 1 jalapeno pepper (optional)
- 2 garlic cloves
- 1 lime, juiced
- ½ tsp sea salt (optional)

- Sprinkle of black pepper

#### Vegetable Sticks-

- An array of different coloured veggies such as carrot sticks, celery, peppers, cucumber etc.

#### **Method:**

##### For the Guacamole-

1. Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.

##### Vegetable Sticks-

1. Wash and slice each of the vegetables in bite-sized stick shapes.
2. Dip the sticks into your guacamole and enjoy!

Guacamole recipe adapted from: [Best Ever Guacamole \(Fresh, Easy & Authentic\) | Downshiftology](#)

## Jalapeño Poppers



(Makes 6-8 servings) : 1 serving = **Free\***

### Ingredients:

- 12 fresh jalapeño peppers
  - 200g Violife Original Flavour Grated Cheese
  - 113g Free from Violife Cream Cheese Alternative
  - 2 Tbsp. Hellmann's Vegan Mayonnaise
  - 45g diced pimiento peppers, drained
  - 40g minced white onion
  - 1/2 tsp. salt
  - 1/2 tsp. smoked paprika
  - 1/2 tsp. ground black pepper
  - 45g low protein Promise Soft White Loaf breadcrumbs
  - 2 tsp. olive oil
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- Chopped fresh chives, for garnish

\*May need to count as exchanges if more than 1 serving is eaten

### Method:

1. Preheat the oven to 400°.
2. Cut the jalapeño peppers in half lengthwise. Use a spoon to scrape out and discard the seeds and ribs from the peppers. Set the halved peppers aside.

3. Stir together the grated cheese, cream cheese, vegan mayonnaise, pimientos, onion, and 1/4 teaspoon each salt, paprika, and pepper in a medium bowl.
4. Stir together the breadcrumbs, the remaining 1/4 teaspoon each salt, paprika, and pepper, as well as olive oil in a small bowl.
5. Fill each pepper half with some of the cheese mixture, and place on a parchment-lined rimmed baking sheet. Sprinkle the tops of the peppers evenly with the breadcrumb mixture.
6. Bake until the tops are golden brown, about 15 minutes. Remove the peppers from the oven and top them with chives.

Recipe altered from [thepioneerwoman.com](http://thepioneerwoman.com)  
Picture from [budgetbytes.com](http://budgetbytes.com)

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## Green Goddess Salad



(Makes 4 servings) **Per Serving: ½ - 1 Exchange** (Depending on Protein Disorder, See Table Below)

	PKU	HCU	MSUD	Other Protein Disorders
1 serving	½ exchange	1 exchange	½ exchange	1 exchange

### Ingredients:

For the dressing-

- 60g baby spinach
- 10g fresh basil leaves
- 15g fresh parsley leaves
- 5 Tbsp. fresh lemon juice
- 59ml olive oil
- 20g grated Violife Prosociano Parmesan Flavour (Vegan Cheese Alternative)
- 1 ½ tsp. salt, plus more to taste
- 1 tsp. ground black pepper
- 2 garlic cloves
- 1 avocado
- 1 shallot, quartered

**Commented [EC2]:** Just changed this from 22.5g as this keeps the total exchange amount for the cheese as free (0.3g)

For the salad-

- 227g sugar snap peas, sliced on the diagonal into 1/4-inch pieces
  - 4 green onions, thinly sliced
  - 1 English cucumber, finely chopped
  - 1/2 head green cabbage, finely chopped
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**Method:**

1. For the dressing: In a blender, combine the spinach, basil, parsley, lemon juice, oil, parmesan cheese, salt, pepper, garlic, avocado, and shallot. Blend until smooth, 1 to 2 minutes.
2. For the salad: In a large bowl, toss together the snap peas, green onions, cucumber, and cabbage. Add the dressing and toss to coat well.
3. Taste for seasoning and add more salt if you like.

Recipe altered from [thepioneerwomen.com](http://thepioneerwomen.com)

## Peppermint Shake



(Makes 2 servings): 1 serving = **1 Exchange**

**Ingredients:**

- 375ml Swedish Glace Dairy Free Vanilla Ice Cream
- 60ml Prozero Milk
- $\frac{3}{4}$  tsp Pure Peppermint Extract
- 3 drops Green Gel Food Colouring
- Elmlea Double Plant Cream Alternative, for serving (contains  $\frac{1}{2}$  Exchange per 100ml, so a small dollop on top of the milkshake = free)

**Method:**

1. In a blender, combine puree ice cream, milk, peppermint extract, and food coloring.
2. If desired, top shake with whipped cream

Recipe altered from womansday.com

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