PKU Hot Dogs

2 jars of 4oz carrot baby food (2 x 128 ml Heinz carrots, stage 1)

1 ¾ cup (420 ml/175 g) Cambrooke Baking Mix

½ Cup (120 ml/48 g) Country Sunrise instant Potatoes, dry mix

1 Tbs (15 ml/9g) PaneRiso Egg Replacer

½ Tsp Garlic Powder

1 Tbs (15 ml/16 g) BBQ sauce

Mix all ingredients together (It will be like play doh)

Roll out and wrap in Saran Wrap

Tie off and boil lightly for 10-15 minutes

Be careful to watch that the wrap doesn’t split.

Let cool slightly and remove wrap let cool the rest of the way.

TIPS:

We have kept wrapper on and fridge/froze -  Outcome - Good

We also poked with “pogo” stick and dipped in Cambrooke’s MixQuick and Deep fried (hot grease to start) making a “Pogo”

Nutritional Information provided by retired Sick Kids Dietitian, Valerie Austin

YIELD (from above-mentioned recipe):

Total Weight 556 grams

We make this into 10 equal hot dogs 55-56 grams each

(can be made bigger for sausages)

PER 55 G WEIGHT (1 hotdog)

 0.5g protein, 19 mg PHE,101 kcal

Tortillas By Gina Valente

Ingredients:

2 cups of Taste Connection Lo Pro multi baking mix (aka flour)

2 tsp Old El Paso Taco Seasoning

1 tsp Season Salt

1 cup water

Preheat Tortilla maker on med-high head. In a large mixing bowl add flour and

seasonings. Slowly add water and knead into a dough. Roll out 8 balls. Place one ball

onto hot tortilla maker, close for 15-20 seconds, open, turn tortilla over, close again.

Repeat until tortilla is cooked through

Note: Total phe per recipe = 33 mgs. phe, 0.8 grams protein, and 860 calories. Try

adding ground flaxseed for added nutrition. 1 tsp flaxseed = 26 mg phe.

(We will not be adding flaxseed at camp)

Once prepared as above, this can be cut up in wedges and deep fried as chips, or

folded in half and carefully deep fried to make a hard taco.



**Easy Peezy Pancake for one!**

1\2 cup Cambrooke Mixquick

5 TBSP Almond milk, or rice milk.

Pinch of Salt –

1/8 tsp vanilla

Butter or cooking oil for frying – if making into a pancake.

For waffles a non-stick waffle maker no butter or oil needed.

In a small mixing bowl, combine, quick mix, Salt, milk, vanilla.   Mix together to a pancake batter, if appears to be think add a small amount of water.  About a TSBP Set aside.

For Pancake:

Heat a pan with butter or oil and cook approximately 3- 5 minutes on each side.

For Waffle:

Heat waffler maker and when ready add batter to waffle maker and spread if necessary.   Do not over fill.

Top with Strawberries, Blueberries, or Raspberries, Pure Maple syrup.

Or any toppings of your choice.

This recipe makes one serving.

The while recipe will make one large pancake or you can make 2 small pancakes by dividing batter.

Makes one large waffle or 2 small waffles the size of an eggo waffle.  Small waffle maker from Walmart.

Recipe created by Frances Grove Hurst

**Low protein culinary demonstration PKU Camp, September 2017.**

* **Jackfruit “pulled pork”**
* **Bread machine white bread**
* **Baba ghanoush with raw veggies and Loprofin crackers for dipping**
* **Maria’s banana cake**



**Jackfruit “pulled pork”**

1/2 can of jackfruit in brine (not syrup!)

1/3 cup tomato sauce or puree

2 tsp Taco seasoning

3 tbsp butter or margarine

1 clove garlic, minced

1/2 tsp salt

Rinse the jackfruit under cold water to remove brine and chop coarsely into bite size pieces. Place in a hot skillet and add tomato sauce, seasoning, butter and garlic. Reduce heat to medium at cook, stirring occasionally for about 15min. If mixture gets too dry – add some water and reduce heat. After 15min tease the chunks of jackfruit apart with a fork. Simmer for another 15-20 minutes until sauce thickens up. Serve hot as a main dish, in low protein bun, as a pasta topping or with low protein bread.

Yield: 4 servings

Per total recipe: calories: 578kcal, protein: 4g, phe: 137mg

Per portion: calories: 145kcal, protein: 1g, phe: 34mg

**Bread machine white bread**

This recipe will fill a small to medium sized bread pan. For a larger loaf you will need to increase the recipe quantities by 50% so that the cooked loaf fills the pan.

370ml cold water

15ml vegetable oil

400g Loprofin Baking Mix

Pinch of salt

1 tsp dried yeast (from included sachet)

Place the water and oil in the bread pan.

Add the baking mix and salt and carefully spoon the yeast into the centre of the mix.

Place the bread pan into the bread maker and select the ‘rapid’ program (or one that take approx. 2.5 hours and kneads dough only once).

Once the mixing blade has started to mix, use a plastic spatula to carefully incorporate any baking mix from the sides of the pan.

When the program is complete, leave the bread to cool slightly before removing it from the bread pan.

Yield: 10 slices

Per total recipe: calories: 1583kcal, protein: 3g, phe: 111mg

Per portion: calories: 158kcal, protein: 0.3g, phe: 11mg

**Baba ghanoush**

1 large eggplant

½ cup Miracle whip dressing

3 cloves of garlic

salt

Bake the whole eggplant in microwave on “high” or in regular oven till it softens and becomes brown. Peel the skin off, dice, and place in a blender. Blend into homogenous mass. Add Miracle whip dressing to taste one spoonful at a time, until the colour of the mass becomes significantly lighter. Then add chopped garlic and salt. Serve as a spread over bread, crackers, etc. or as a sauce for roasted potatoes. For proper serving spoon the baba ghanoush into a ceramic bowl and drizzle with extra virgin olive oil on top. Garnish with parsley or cilantro if desired.

Yield: 10 servings

Per total recipe: calories: 910kcal, protein: 6g, phe: 316mg

Per portion: calories: 91kcal, protein: 0.6g, phe: 3.16mg

**Maria’s banana bread**



125g margarine or butter, unsalted

110g sugar powder

210g Loprofin low protein baking mix

1 1/2 tsp baking powder

1/4 tsp salt

1/4 tsp ground nutmeg

1/4 tsp cinnamon

200g ripe bananas, mashed

60ml water

In a large bowl mix sugar powder, baking mix, baking powder, salt, nutmeg and cinnamon. Add melted butter, mashed bananas, water and mix well. Pour the liquid dough into bread baking form and bake in preheated oven at 350F for about 20-30min, until the crust is golden and knife, inserted in the middle comes out clean.

Yield: 5 slices

Per total recipe: calories:2173 kcal, protein: 3.9g, phe: 150mg

Per portion: calories: 435kcal, protein: 0.8g, phe: 30mg