

Low Protein



*Made for those who need to eat with care,
but dont want to sacrifice good taste.*

Unit 270 Centennial Park Centennial Avenue Elstree Borehamwood Herts WD6 3SS
tel: 020 8953 4444 Fax: 020 8953 8285 www.pkfoods.co.uk





*Made for those who need to eat with care,
but dont want to sacrifice good taste.*

PK Foods Product	Pack Size	PIP Code	Energy Value per 100g	Protein per 100g	Carbohydrate per 100g	Fat per 100g	Phenylalanine per 100g	Available on prescription
Aminex Rusk	200g	216-0190	1865kJ/443kcal	0.3g	80g	13.4g	9mg	✓
Aminex Cookies	150g	216-0216	1864kJ/443kcal	0.3g	80g	13.4g	9mg	✓
Aminex Biscuits	200g	216-0208	1865kJ/443kcal	0.3g	80g	13.4g	9mg	✓
Flour Mix	750g	280-3765	1720kJ/408kcal	0.4g	84g	8.8g	20mg	✓
White Sliced Bread	300g	280-3781	849kJ/203kcal	0.6g	44.35g	5.1g	11mg	✓
Crispbread	75g	280-3799	1718kJ/406kcal	0.3g	89.7g	2.3g	13.1mg	✓
Pasta Spirals	250g	280-3807	1456kJ/348kcal	0.3g	86g	1g	10.6mg	✓
Egg Replacer	350g	280-3773	1461kJ/371kcal	0.4g	87.9g	0.1g	20mg	✓
Orange Jelly Mix	320g	280-3724	1590kJ/380kcal	0.1g	98.2g	0.1g	0mg	✓
Cherry Jelly Mix	320g	280-3716	1590kJ/380kcal	0.1g	98.2g	0.1g	0mg	✓
Choc. Chip Cookies	150g	280-3757	2050kJ/490kcal	0.5g	77g	20g	18.1mg	✓
Orange Cookies	150g	280-3732	2095kJ/500kcal	0.4g	77g	20g	7.7mg	✓
Cinnamon Cookies	150g	280-3740	2040kJ/490kcal	0.4g	77g	20g	9.3mg	✓



Unit 270 Centennial Park Centennial Avenue Elstree Borehamwood Herts WD6 3SS
tel: 020 8953 4444 Fax: 020 8953 8285 www.pkfoods.co.uk

PK FOODS - RECIPES

DINNER ROLLS

Ingredients:

- 1 pouch 375g PK Foods Low Protein Flour Mix
- 440 mls or 15 fl oz Warm water
- 1 tsp Granulated sugar
- 1 1/2 tsp Fast acting dry yeast

Method:

1. Follow the recipe for the crusty white bread and pour the mixture into 12 greased muffin tins and fill 1/2 full.
2. Let the mixture rise 1/4 inch above the top of the tins during cooking.
3. Bake for 25 – 30 minutes at 375°F / 180°C or gas mark 5.

Yield: 12 rolls

PIZZA DOUGH

Ingredients:

- 375g or 13oz PK Foods Low Protein Flour Mix
- 3/4 tsp Fast acting dried yeast
- 1/2 tsp Castor sugar
- 220ml or 8fl oz Warm water

Method:

1. In a large bowl, dissolve the sugar in warm water.
2. Add yeast and stir well, leave to stand for 10 minutes.
3. Stir yeast mixture to remove foam, add flour mix and stir until mix is just moistened.
4. Beat mixture with electric mixer for 3 minutes on medium speed.
5. For a thick pizza, spread onto 13 inch x 9 inch oiled baking tray, for a thinner pizza spread the batter onto 2.9 inch oiled round tin.
6. Place tray in cold oven and let rise for 20 minutes.
7. Bake pizza dough at 350°F, 160°C or gas mark 4 for 20 minutes.

8. Remove pizza base from oven.

9. Add sauce and toppings.

Yield: 8 servings (crust, sauce, toppings)

BREADMAKER RECIPE

Ingredients:

- 350g PK Foods Low Protein Flour Mix
- 300ml tepid water
- 1 tsp dry yeast
- Pinch of salt

Method:

1. Dissolve yeast in tepid water and pour in baking tin.
2. Mix in the flour mix.
3. Sprinkle over salt.
4. Fast bake by following the breadmaker instructions.

COURGETTE LOAF

Ingredients:

- 1 pouch (375g) PK Foods Low Protein Flour Mix
- 125g or 4oz Granulated Sugar
- 2 tsp Baking Powder
- 50ml or 2fl oz Water
- 50ml or 2fl oz Vegetable oil
- 200g or 7oz Courgettes (shredded)
- 1 tsp Cinnamon

Method:

1. Pre heat oven to 375°F, 180°C or gas mark 5.
2. Mix all dry ingredients together in a bowl, add oil and water to dry ingredients and mix until smooth.
3. Add courgettes, mix well.
4. Pour batter into greased loaf tin.
5. Bake for 50 minutes, cool on a wire rack.

Yield: 1 Loaf – 15 slices

PK FOODS - RECIPES

DOUGHNUTS

Ingredients:

- 1 pouch (375g) PK Foods Low Protein Flour Mix
- 440ml or 15fl oz Warm Water
- 1 tsp Granulated Sugar
- 1 1/2 tsp Fast Acting Yeast
- 500g or 1lb Dried or fresh fruit (if desired)

Method:

1. Pre heat fryer to 375°C, 180°C.
 2. In a mixing bowl, dissolve sugar in the warm water.
 3. Add the yeast and stir well. Leave to stand for 10 minutes.
 4. Stir well to remove bubbles. Add the PK Foods Flour Mix to the yeast mixture and stir until moist.
 5. Using a mixer, beat the batter for 2 minutes at low speed.
 6. Add the fruit at this stage if desired. 500g or 1lb chopped fruit (apples, bananas, peaches)
 7. Leave the batter in a warm place until it has doubled in volume.
 8. Deep fry by dropping spoonfuls of the mix into pre-heated vegetable oil. Cook for 2 minutes on each side or until golden brown.
 9. Remove from the fryer and drain on a kitchen towel.
- Toss doughnuts into caster sugar, remove and allow to cool.

Yield: 12 doughnuts

FRUIT SCONES

Ingredients:

- 500g or 18oz PK Foods Low Protein Flour Mix
- 2 tsp Baking Powder
- 50g or 2oz Sugar
- 1 tsp Salt
- 1 1/2 tsp PK Foods Low Protein Egg Replacer

- (mixed with 3 tbsp Water)
- 85g or 3oz Margarine
- 140ml or 5fl oz Water
- 500g or 1lb Dried Fruit

Method:

1. Mix all the dry ingredients together.
2. Add margarine to mixture and stir well with a fork until smooth.
3. Pour in liquid to form a dough.
4. Place onto lightly floured surface (PK Foods Flour Mix) and roll into a thick circle.
5. Cut out scones with a cutter.
6. Place the scones on a well greased baking tray 2.5cm (1 inch) apart and bake at 400°F, 200°C or gas mark 6 for 15 minutes or until golden brown.

Yield: 12 Scones

PANCAKES

Ingredients:

- 250g or 9oz PK Foods Low Protein Flour Mix
- 1 tsp Baking Powder
- 140ml or 4oz Water
- 1 tsp PK Foods Low Protein Egg Replacer (to be mixed with 2 tbsp of water)

Method:

1. Mix together PK Foods Low Protein Flour Mix and baking powder.
2. Mix together PK Foods Low Protein Egg Replacer and 2 tbsp water. Beat until fluffy.
3. Add PK Foods Flour Mix to PK Foods Low Protein Egg Replacer and add water to make a smooth batter.
4. Pour a 1/4 of the batter into a lightly oiled frying pan.
5. Cook until set and golden-brown, turning once.
6. Repeat until batter is used up.

Yield: 4 pancakes

PINEAPPLE & ALMOND COOKIE

Ingredients:

- 1 Pouch (375g) PK Food Low Protein Flour Mix
- 150g or 5oz Margarine or butter, salt free
- 80g or 3oz Granulated sugar
- 2 tbsp Brown Sugar
- 50ml or 2 fl oz Pineapple Juice
- 1 tsp Baking Powder
- 1 tsp Vanilla Essence
- 1/8 tsp Almond Extract
- 50g or 2oz Pineapple crushed and drained

Method:

1. Pre-heat oven to 350°F, 160°C or gas mark 4.
2. Cream margarine and sugar together until light and fluffy.
3. Mix in pineapple juice, crushed pineapple, almond extract, vanilla essence and baking powder.
4. Add PK Foods Low Protein Flour Mix and stir until well combined.
5. Drop a teaspoon full of mix onto a lightly oiled baking tray. Press down lightly with a fork. Repeat until all the mix is used.
6. Bake for 15 minutes or until golden brown.
7. Cool slightly before removing from the pan.

Yield: 48 Cookies

SPONGE

Ingredients:

- 265g or 9.4oz PK Foods Low Protein Flour Mix
- 145g or 5oz Granulated Sugar
- 2 tbsp PK Foods Low Protein Egg Replacer
- 1/2 tsp Salt
- 160ml or 5.6 fl oz Water
- 1 tsp Baking Powder
- 1 drop Yellow Food Colouring
- 60ml or 2.1 fl oz Vegetable or Canola Oil
- 1/2 tsp Vanilla Essence

Method:

1. Pre-heat oven to 350°F, 180°C or gas mark 4-5.
2. In a medium bowl – mix all the dry ingredients together.
3. Mix the water, yellow food colouring, oil and vanilla essence together and add to the dry ingredients. Mix with an electric mixer for 90 seconds on medium speed.
4. Pour the batter into a greased 9 inch cake tin or alternatively 12 muffin tins – filling them half full.
5. Bake for 20 minutes for muffins, 30 minutes for the cake or until golden brown.

Yield: 12 muffins or 1 sponge

BLUEBERRY MUFFINS

Ingredients:

- 225gm - 8oz PK Foods Flour Mix
- 85 - 3oz Caster sugar
- 2 tsp Barkat Baking powder
- 1 tsp Cinnamon
- 50g - 2oz Margarine or butter
- 2 tbsp Water
- 2 Tbsp Oil
- 125gm / 4oz Blueberries, frozen or thawed

Method:

1. Pre heat oven to 350°F, 160°C or gas mark 4.
2. Using an electric mixer, mix all the ingredients together until smooth. Add blueberries and stir into mix.
3. Place muffin paper in muffin tins. Fill each case 3/4 full.
4. Bake for 30 – 40 minutes or until golden brown.

Yield: 8 to 10 muffins

PK FOODS - RECIPES

RAISIN BREAD

Ingredients:

- 1 Pouch (375g) P.K Foods Flour Mix
- 170g - 6oz Raisins (more if desired)
- 50g – 2oz Granulated sugar
- 440ml or 15floz Warm water (105 - 110°F)**
- 1 ½ Tsp Fast-acting dry yeast

Method

1. Preheat oven to 375°F, 180°C or gas mark 5.
2. In a large bowl, dissolve sugar in warm water. Add yeast and stir well.
3. Leave to stand for 10 minutes. Stir well to remove bubbles.
4. Meanwhile coat raisins with 75g or 3oz dry P.k.u mix.
5. Add the remaining P.k.u mix and stir until moistened.
6. Using an electric mixer, beat batter for 3 minutes at medium speed.
7. Fold in prepared raisins and stir in well.
8. Grease or oil large loaf tin. Pour batter into tin.
9. Bake for 35 – 40 minutes or until golden brown the loaf. The Loaf should sound hollow when the top is tapped with the knuckles.
10. Allow cooling for 5 minutes and removing from pan on a wire rack.

Serve plain or toasted.

Yield: 15 slices per loaf

PANCAKES

Ingredients:

- 250gm - 9oz PK Foods Flour Mix
- 1 tsp Barkat Baking powder
- 1 40gm - 4 ½oz Water
- 1 tsp Egg replacer (mix with 2 Tsp of water)

Method

1. Stir P.k.u mix and baking powder together.
2. Mix egg replacer and water together. Beat until fluffy.
3. Add P.k.u mix to the egg replacer mixture. Mix with water to make a smooth batter.
4. Pour a ¼ of the batter into a lightly oiled frying pan.
5. Cook until set and golden brown.





www.pkfoods.co.uk





PRESCRIPTION REQUEST FORM

Unit 270 Centennial Park Centennial Avenue
Elstree Borehamwood Herts WD6 3SS

Dear Customer,

In order for you to receive your prescription easier and faster, fill in the form and hand it to your doctor.

Dear Doctor

For my next prescription, I would like to include:

PIP CODE	PRODUCT	PACK SIZE	QTY
216 - 0190	PK Aminex Rusks	200g	
216 - 0216	PK Aminex Cookies	150g	
216 - 0208	PK Aminex Biscuits	200g	
280 - 3765	PK Flour Mix	750g	
280 - 3781	PK White Sliced Bread	300g	
280 - 3799	PK Crisp Bread	75g	
280 - 3807	PK Pasta Spirals	250g	
280 - 3773	PK Egg Replacer	350g	
280 - 3724	PK Orange Jelly Mix	4x80g	
280 - 3716	PK Cherry Jelly Mix	4x80g	
280 - 3757	PK Chocolate Chip Cookies	150g	
280 - 3732	PK Orange Cookies	150g	
280 - 3740	PK Cinnamon Cookies	150g	

Name:			
Address:			
Postcode:		Tel No:	
Patient Number (if required):			