

Breakfast Ideas and Recipes for a Low Protein Diet

BABIES	CHILDREN
Breads and other	
LP hard, dry toast rusks made from loprofin or fate bread.	LP toast with milk free margarine/jam/honey/ promite/ nutella/veggie spread/ vegetables/ mashed avocado/ mashed banana
LP sandwiches cut up in pieces with vege spread or jam.	LP crumpets/ pancakes/ waffles/ pikelets/ crepes/ scones + jam + margarine
Baby Mum-Mum rice rusks (can soak in LP milk)	LP bread roll/ wrap with spread
	French toast made with LP milk and LP bread (top with cinnamon and strawberries or honey)
	LP fruit scones/ muffins (dates, sultanas, blueberry, apple)
Cereals	
Baby rice cereal	Rice bubbles/weetbix/ cornflakes/puffed rice or corn + LP milk
Puffed rice/ rice bubbles soaked in LP milk	Loprofin breakfast cereal loops or flakes + LP milk with fresh fruit
LP rice/ sago porridge with stewed or pureed fruit (pear, apple)	LP rice/ sago porridge with fruit
Warm Breakfast	
LP rice/sago porridge/congee	LP rice/sago porridge/congee
LP custard and warm pureed fruit	LP custard and fruit
Pureed or chopped small pieces of vegetables (pumpkin, carrot, capsicum).	Dinner left overs (bubble n' squeak, vegetable sausages, vegetable chips)
	Bruschetta on LP toast (diced tomatoes, red onion, herbs and vinegar on toasted garlic bread)
	Fried tomatoes and mushrooms on LP toast
	Creamed corn on LP toast
Fruit and Vegetables	
Pureed or chopped small pieces of fruit (apples, pears, peaches, apricots).	Fresh fruit
Baby fruit jars/pouches	Fruit crumbles or fruit salad (watermelon, strawberries, grapes, oranges)
Drinks	
Supplement and water	Supplement and water
	Fresh fruit smoothies

LP= Low protein *As long as you check the nutritional panel, low protein milk substitute includes= rice/almond milk, cream, margarine mixed with water, coffee whitener, Vance's Darifree, Milupa lp drink, Loprofin PKU tetra, Prozero, Duocal

~Low Protein Recipes~

Please note: When you are using these recipes check ingredients to make sure they are appropriate for your child's protein restriction. Calculated protein content is based on the Children's Hospital of Westmead protein counting sheet for PKU and will vary with brand of products used and foods counted.

Savoury / Hot Breakfasts

Bubble n' Squeak

(Based on the Low Protein Cook Book, Jo Boston p.2)

Ingredients:

1 tbsp oil
1 small onion, diced
1 heaped tsp egg replacer
1 cup of low phenylalanine vegetables, cooked and mashed (eg. cabbage, carrot, pumpkin, celery)
50g LP flour to 1 cup mashed vegetables to help bind
Serves 2-3 depending on size

Method:

1. Heat oil in a frying pan, add onion and fry until clear.
2. Add fried onion to vegetables.
3. Mix egg replacer, LP flour with the mashed vegetables.
4. Place a few tablespoons of mixture on the frying pan and heat through until golden in colour.
5. Serve immediately, season with salt and pepper, lemon or sweet chilli sauce.



Protein per recipe: 1g (depending on which LP vegetables are used based on ½ C pumpkin)

Protein per serve: 0.3g

Savoury muffins

(Based on the Low Protein Cook book, Jo Boston p.53)

Ingredients:

50g butter or margarine
½ tsp salt
1 heaped tsp egg replacer
2 cups LP flour
2 tsp baking powder
150ml LP milk substitute
½ c of cooked mashed pumpkin and ¼ tsp of nutmeg OR
½ grated zucchini, ½ carrot, ½ onion diced and herbs (1/4 tsp rosemary).
*Try other herbs and spices for a different taste eg. coriander, Moroccan spice, curry powder.
Makes approximately 7 small-sized muffins.



Method:

1. Melt butter and add egg replacer, blend until smooth and creamy.
2. Add dry ingredients and vegetables alternatively with LP milk substitute; take care not to over mix.
3. Spoon into muffin paper cups or greased tins and bake for 15-20 minutes, depending on size, at 180°C.
(Brush muffins with a little olive oil to help them brown before placing in the oven)
4. Stand for 1 minute before turning out on a wire rack.

Protein per recipe: 1.4g (based on Freedom Foods rice milk)

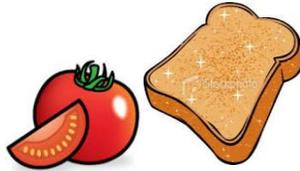
Protein per serve 1 muffin: 0.2g

Fried tomatoes and mushrooms on toast

(Based on ideas from the Low Protein Cook Book, Jo Boston p.1)

Ingredients:

2 slices of LP toasted bread
2 slices of tomato
3 mushrooms sliced
Olive oil for frying



Method:

1. Lightly fry tomatoes and mushrooms till golden brown colour.
2. Place on top of LP toast.
3. Season with salt and pepper.

Protein per recipe: Free, 0g

Bruschetta

(Based on the Fate cookbook, Eileen Green p41)

Ingredients:

2 slices of LP bread
1-2 fresh tomatoes
1 small red onion
Few springs of chopped parsley
2 cloves of garlic
Olive oil
Salt and Pepper



Method:

1. Dice the tomatoes and onion into small pieces, then mix in the parsley.

2. Toast the slices of bread until golden and rub a garlic clove all over one side of the toast.
3. Drizzle a little olive oil over the toast and then top with the tomato mixture.
4. Season with salt and pepper.

Protein per recipe: Free, 0g

Sweet Breakfasts

Apple and Cinnamon Muffins

(Fate cookbook, Eileen Green p.198)

Ingredients:

200g (1 cup) apples peeled, cored and chopped into small pieces
2 cups (300g) LP flour
150g (1 cup) soft light brown sugar
1 tsp baking powder
1 ½ - 2 tsp cinnamon
120g soft margarine
240mls unsweetened pure apple juice
Makes approximately 12 small muffins



Protein per recipe: Free, 0g

Method:

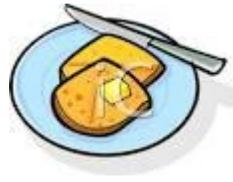
1. Pre heat oven to 200°C and place the LP flour into a mixing bowl.
2. Add the light brown sugar, baking powder, and cinnamon. Stir.
3. Add the margarine and the apple juice.
4. Using a wire whisk, mix quickly for about a minute until well blended and smooth.
5. Stir in the chopped apples.
6. Divide the mixture between 12 small muffin tins.
7. Bake in a pre-heated oven for 20-25mins (depending on muffin tin size) until risen and golden brown.
8. Place on a cooling rack to cool.

French toast

www.cookforlove.org/recipe/french-toast

Ingredients

3 thick slices of LP bread, lightly toasted
¼ cup rice milk (room temperature or warmed)
1 teaspoon butter, melted, plus 1 tablespoon for cooking
1 tablespoon light brown sugar
¼ teaspoon ground cinnamon
Dash of freshly grated nutmeg
½ teaspoon vanilla extract
Serves 1-2



Method:

1. Whisk rice milk, butter, sugar, cinnamon, nutmeg and vanilla in a bowl until well blended.
2. Soak bread in mixture until saturated but not falling apart, 20 seconds per side. Carefully pick up bread slice and allow excess milk mixture to drip off.
3. Heat ½ tablespoon butter in 12-inch frying pan over medium-low heat. Add soaked bread to the frying pan and cook until golden brown, about 4 to 5 minutes. Flip and continue to cook until second side is golden brown, 4 to 5 minutes longer. (If toast is cooking too quickly, reduce temperature slightly.)

Protein per recipe: 0.2g (based on Freedom Foods rice milk)

Low protein vanilla custard

(Based on Fate cookbook, Eileen Green p.224)

Ingredients:

200mls LP milk substitute (Prozero, rice milk etc)
4 heaped tsp (20g) custard powder (not instant mix)

2 tsp (10g) granulated sugar)

Serves 1, makes 200ml custard

Method:

1. Measure the custard powder and sugar in a small jug or bowl.
2. Stir in about 25mls (2 tbsp) of LP milk substitute and stir till smooth.
3. Pour the remainder of the LP milk together with the custard powder/milk mix into a small pan and place over a gentle heat until it is almost boiling.
4. Continue to cook over a low heat, stirring constantly, until mixture thickens.

Protein per recipe: 0g if using Prozero or made up Duocal or Coffeemate OR 0.6g if Freedom Foods rice milk)

Pancakes

(Fate cookbook, Eileen Green p.166)

Ingredients:

300g Fate Low Protein All-Purpose Mix (or other LP flour)
30g custard powder (not custard mix)
½ tsp salt
80g caster sugar
75mls oil
450mls water
Makes 6-8 depending on the size.



Method:

1. Place the Fate Low Protein All-Purpose Mix into a jug, and stir in the custard powder, salt and caster sugar.
2. Using a baby's bottle, measure the oil and water and place into a separate jug. Then pour about half of the liquid onto the dry ingredients.

- Using a fork or a wire whisk, quickly stir until smooth, thick and creamy, then add the remaining liquid, and mix until blended well.
- Place a frying pan over a gentle heat, do not add any oil. Add about 2-3 tbsp of pancake mixture to the pan.
- Use the back of the spoon to gently spread the mixture to the edge of the pan. Do this gently without lifting the spoon away from the mixture. It is important that you do not have the pan too hot to begin with, as the mixture will cook before you have time to spread it!
- Turn the heat up, and leave the pancake to cook for about 1 minute over a high heat, until the top is dry and the base is golden brown. Turn the pancake over and cook for a further minute or so.
- Place onto a plate or wire rack while you cook the remaining pancakes. Serve as you wish. Can serve with lemon and sugar, LP custard, fresh fruit or jam.

Protein per recipe: Free, 0g protein

Sago (Tapioca) Porridge

(Adapted from <http://latinfood.about.com/od/beginnerrecipes/r/sago-porridge.htm>)

Ingredients:

½ cup sago
 2 ½ cups of water
 Pinch of cinnamon powder
 Sugar and LP milk substitute to taste
 Makes 2 ½ cups



Method:

- Soak sago with 1/2 cup water for 4 minutes.
- While the sago is soaking, add 2 cups of water along with the cinnamon stick (or cardamom) to a saucepan. Cover and bring to a boil.

- Add the soaked sago to the boiling water, together with the water it was soaking in. Stir.
- Lower the heat to low, cover the pot and let the sago simmer for 5-10 minutes or until the sago is translucent. Stir the pot occasionally to ensure the sago doesn't stick to the base.
- Remove from heat, sweeten with sugar and LP milk to taste.

Protein per recipe: Free, 0g protein (excluding LP milk)

Fruit Smoothie

(Based on the Low Protein Cookery for PKU, Virginia E. Schuett p.52)

Ingredients:

2 to 3 crushed ice cubes
 ½ cup frozen strawberries or 40grams frozen banana or ½ cup pineapple
 1 cup LP milk substitute
 1 tsp honey or sugar
 ½ tsp vanilla

Method:

- Blend all ingredients in a blender for 1 minute. Serve immediately.

Protein per recipe: 0.7g (based on Freedom Foods rice milk)



the
children's
hospital at Westmead

Reference list

Fate Special Recipe book, 2010 by Eileen Green,

To purchase Fate recipe book:

<http://www.vitaflo.com.au/products/metabolic-disorders/apps/vitaflo-choices/fate/>

French Toast, www.cookforlove.org,

www.cookforlove.org/recipe/french-toast

Low Protein Cook book- Recipes for Life, Jo Boston, First Edition

Low Protein Cookery for PKU, 1997 by Virginia E. Schuett, Third Edition

Sago (Tapioca) Porridge, <http://latinfood.about.com/od/beginnerrecipes/r/sago-porridge.htm>