



As a PKU mom, I found it very important to add vegetables and some fruits to as many meals as possible. Early and frequent incorporation of vegetables mixed with low protein foods helped my kids develop a taste for veggies and maximize nutrition. I encourage you to think about how vegetables can be added to meals and low protein foods.



**LIVELOVELEARN**  
LOW PROTEIN  
created by Lynn

Product	What is it?	Getting Started	Lynn's Tips
 <b>MixQuick</b>	All-purpose dry batter mix intended to imitate Bisquick <ul style="list-style-type: none"> <li>Contains leavening agent (assists in rising)</li> </ul>	Mix 1 cup (100 g) MixQuick with 2/3 cup water to make pancakes or waffles <ul style="list-style-type: none"> <li>Makes a 7" waffle or 5 mini 4" waffles</li> <li>Completely cool and freeze leftovers in a single layer within a Ziploc bag</li> </ul>	<ul style="list-style-type: none"> <li>Use any Bisquick recipe and substitute MixQuick (leave eggs out but increase liquid by 2 Tbs)</li> <li>Easy first birthday cake (see classic yellow cake recipe at cambrooke.com)                             <ul style="list-style-type: none"> <li>To make a smaller cake, cut recipe in half</li> </ul> </li> </ul>
 <b>HomeStyle Bread</b>	16 slices of white bread comparable to traditional baked sandwich bread	Ideal storage: <ul style="list-style-type: none"> <li>Room temperature: 1 week</li> <li>Refrigerated: 2 weeks</li> <li>Frozen: 1 year from expiration date</li> </ul> If bread is frozen, thaw at room temperature for 15 minutes or microwave between paper towels on defrost for 10 seconds.	<ul style="list-style-type: none"> <li>Place bread in a toaster or toaster oven for a minute or less to soften</li> <li>Cube for an easy finger food or bake into seasoned croutons for a softer cracker option</li> <li>Create a veggie loaded sandwich</li> <li>Make French toast (recipe at cambrooke.com)</li> </ul>
 <b>Aproten Pasta</b>	Low protein pasta option available in many shapes.	Cook like normal pasta (gently boil in plenty of water) and rinse remaining starch away after cooking. If you are not eating right away, add oil to prevent sticking.	<ul style="list-style-type: none"> <li>Pick Ditalini for a macaroni like shape and easy finger food                             <ul style="list-style-type: none"> <li>Great in soups</li> </ul> </li> <li>Create pasta salads with added vegetables</li> <li>Add pureed or shredded vegetables such as carrots, peppers, squash, celery into a pasta sauce</li> </ul>
 <b>Chicken Patty Mix</b>	Versatile chicken-flavored, plant based meat substitute (powder).	Mix ¼ cup mix with 3 Tbs water and 1 tsp oil to make a dough like consistency for a patty or chicken nuggets. Add up to another 2 Tbs water to make more tender dough.	<ul style="list-style-type: none"> <li>Roll dough mixture into dry chicken patty mix to create a crispy chicken nugget breading</li> <li>Roll into a rope and cut into tiny pieces to cook for a finger food</li> <li>Add shredded carrots or zucchini, chopped broccoli to powder before mixing oil &amp; water</li> </ul>
 <b>Eggz</b>	An egg substitution best for cooking as an omelet, but not an egg substitute in baking.	Mix ¼ cup Eggz with 6 Tbs non-dairy creamer or water. Add to frying pan (do not scramble). Cook it like a very thin pancake or crepe, making sure to spread it out to the edges of pan. Let batter cook almost all the way through before flipping.	<ul style="list-style-type: none"> <li>Cut into bite size pieces after flipping to resemble scrambled eggs</li> <li>Make mini-frittatas with added vegetables and freeze for an easy breakfast</li> <li>Acts as a binder in baked goods (try breakfast cereal &amp; Eggz muffins at cambrooke.com)</li> </ul>
 <b>Creamy Hot Cereal</b>	An easy first food plant based cereal made from cassava, a root vegetable.	Combine 1½ Tbs cereal, ½ cup water or non dairy milk, or a combination of both. <ul style="list-style-type: none"> <li>Microwave for 2-3 minutes (stir halfway)</li> <li>Stovetop: in a small pan bring to a boil, reduce heat, cover and simmer for 5 minutes. Add additional water or non dairy milk to reach desired consistency</li> </ul>	<ul style="list-style-type: none"> <li>Top with fruit or add fruit puree to change flavor</li> <li>Mix with Eggz to make a waffle (see ultimate crispy waffle at cambrooke.com)</li> </ul>
 <b>Shake 'N' Cheese</b>	A powdered cheddar cheese flavored substitute	Sprinkle over vegetables or pasta (like salt) for added flavor.	<ul style="list-style-type: none"> <li>Make into a cheese sauce for macaroni &amp; cheese, dipping sauce for vegetables, or grilled cheese</li> </ul>

## MixQuick Waffles with Fruit or Veggie Puree

### Ingredients

½ cup Cambrooke MixQuick  
4 oz baby food, stage 1 or 2  
1-2 Tbs water

### Directions

Preheat mini waffle maker.

In a small bowl combine Mixquick and water.

Once waffle maker is hot, lightly spray with cooking spray. Pour ¼ cup of batter onto waffle maker. Be sure not to fill it too much (if there is too much, the waffle maker will overflow once closed). Close lid and cook for 4-5 minutes.

**SUGGESTION:** Typically adding 1 Tbs water to a stage 1 baby food and 2 Tbs water to a stage 2 baby food creates the right batter consistency. Make entire batter, cool completely and freeze in Ziploc bag. To reheat place in toaster oven.

**NOTE:** Baby food not included in nutritional information and phe amount will vary depending on type of baby food.

**Serving Size:** 1 (4" waffles)  
**Servings per recipe:** 3  
**PHE:** 1 mg **TYR:** 1 mg  
**LEU:** 2.9 mg  
**Protein:** 0.3 g  
**Calories:** 67



## Veggie Loaded Pasta Sauce

### Ingredients

1 Tbs olive oil  
½ medium onion (55g), roughly chopped  
2 cloves garlic (6g), minced  
1 small zucchini (118g), roughly chopped  
1 medium carrot (61g), roughly chopped  
½ leek (45g), roughly chopped  
½ red bell pepper (50g), roughly chopped  
1 28 oz can crushed tomatoes  
2 Tbs tomato paste  
2 tsp Italian herb mix  
salt and pepper to taste  
2 Tbs butter  
½ cups of water or veggie stock (optional)

### Directions

Heat oil in a medium stock pot over medium heat. Stir in the onion, cook for 3 minutes or until translucent. Stir in garlic, cook for an additional minute. Add zucchini, carrots, leek, and red bell peppers and cook for 5-7 minute, occasionally stirring. Add crushed tomatoes, tomato paste, Italian herbs, salt, pepper and butter. Adjust to medium-high heat and bring to a boil. Once boiling, reduce to simmer for 15-30 minutes.

Puree the sauce using a handheld immersion blender or working in batches, transfer the sauce into a blender and puree on high until you achieve your desired consistency. If your sauce is too thick, add in water or stock in ½ cup increments.

**SUGGESTION:** This sauce is a great freeze and thaw item. Just pour into single serve zip-lock bags, containers or ice cube trays and freeze for up to 3 months. To thaw, put in the fridge for 1-2 days before you want to use it or place into hot water bath for 15 minutes and then reheat.

**Serving Size:** 56 g  
**Servings per recipe:** 27  
**PHE:** 18 mg **TYR:** 13 mg  
**LEU:** 26 mg  
**Protein:** 0.6 g  
**Calories:** 25



## Shake 'N' Cheese Queso

### Ingredients

4 tsp Shake 'N' Cheese  
½ cup non dairy milk  
1 tsp butter (optional)

### Directions

Whisk ingredients in a small saucepan over medium heat until creamy for about 3 minutes.

**SUGGESTION:** Any non dairy option can be used such as almond milk, creamer, etc. If batch cooking and freezing, consider Rich's Coffee Rich Non dairy creamer to minimize separation while reheating.

**Serving Size:** 1 generous Tbs  
**Servings per recipe:** 4  
**PHE:** 13 mg **TYR:** 4 mg  
**LEU:** 24 mg  
**Protein:** 0.3 g  
**Calories:** 60



## Apple Cinnamon Breakfast Bars

### Ingredients

¼ cup Cambrooke Creamy Hot Cereal  
2 oz applesauce  
½ tsp oil  
½ tsp cinnamon

### Directions

In a small bowl combine cereal, applesauce and cinnamon.

Flatten or roll out dough to about ½-inch thick. Use cookie cutter or glass to make about 5 bars.

Heat 1 tsp of oil in a non-stick frying pan. Cook bars on medium heat for 3-4 minutes per side.

**SUGGESTION:** Replace applesauce with any baby food desired for introducing new flavors. Freeze in a Ziploc bag. To reheat place in a toaster oven.

**Serving Size:** 58 g  
**Servings per recipe:** 5  
**PHE:** 2 mg **TYR:** 1 mg  
**LEU:** 3.6 mg  
**Protein:** 0.03 g  
**Calories:** 35

