



Healthy PKU Living



## PORTION CONTROLLED SNACKS & DESSERTS

Vitaflo® has created *Live Life Well* snacks and desserts – tasty, easy to prepare, between meal options – all low protein and calorie controlled that can form part of a healthier diet; containing no more than **150kcal and 1g protein per serve**.

## SNACK IDEAS

### Cup Cakes

**Makes 10 cakes**

**Prep & cooking time 40 min**

250g Fate Low Protein Cake Mix  
1 1/2 Tbs soft margarine  
6 Tbs (120g) reduced fat ricotta cheese\*  
1/4 cup each lemon juice and water  
Icing sugar for dusting

#### METHOD

Pre-heat oven to 190°C. Place 10 patty pans into a 12-hole muffin tin. Blend together Cake Mix, margarine, ricotta, juice and water for 1 minute with a whisk. Divide mixture evenly between the patty pans. Bake for 20 minutes; the cakes should be risen and just browned. Cool on a wire rack. Dust lightly with icing sugar.

**Per cake**  
**~125kcal and 1g protein**

### Salsa with Crackers

**Serves 2 | Makes 1 cup**

**Prep time 10 min**

#### Tomato salsa

1 tomato; diced  
1 1/2 tsp olive oil  
1/2 small red onion; finely chopped  
1/2 clove garlic; crushed  
2 tsp lemon juice  
2 tsp red wine vinegar  
2 tsp finely chopped fresh parsley

#### To serve

10 rice crackers\*

#### METHOD

Combine salsa ingredients in a small bowl. Chill until needed.

To serve, spread 1/2 cup salsa across 10 rice crackers.

**Per serve**  
**~150kcal and 1g protein**

### Popcorn

1 bag microwave raw popcorn\*

#### METHOD

Pop corn as per package instructions. Store leftover popcorn in an airtight container.

**Per serve (1 cup (8g))**  
**~30kcal and 1g protein**



**Top  
Tips**

- Blending 1/2 cup raspberries into the cake mixture before baking creates another tasty option.
- Lightly coat hot popcorn with an oil spray and flavour with a dash of spice. Paprika, cayenne or chilli work well.

## DESSERT IDEAS

### Plums with Fresh Honeycomb

**Serves 1 | Prep & cooking time 10 min**

1/4 cup sugar (white or brown)

1/3 cup water

1 plum

20g honeycomb\*

#### METHOD

Combine sugar and water in a saucepan; heat and stir until sugar dissolves. Simmer until syrup has just thickened. This is enough for **8 serves**. Store in refrigerator until needed. Halve plum; brush cut side with syrup, place cut side up under heated grill plate (10-15cm away from heat). Grill 1 min. Top with fresh honeycomb. Serve warm. (Leftover sugar syrup stores well in an airtight container in a refrigerator.)

**Per serve ~140kcal, no protein**



### Fruit Salad

**Serves 2 | Prep time 5 min**

2 slices pineapple; chopped

8 strawberries

8 grapes

2 kiwi fruit; peeled, halved and sliced

#### METHOD

Stir fruit pieces together in a bowl and serve.

**Per serve ~100kcal, no protein**

### Low Protein Custard

**Serves 2 | Prep & cooking time 10 min**

3 tsp custard powder

2 heaped tsp white sugar

1 cup (250ml) ProZero™

#### METHOD

Stir custard powder and sugar with 2 tablespoons of the ProZero in a bowl until smooth. Heat remaining ProZero in a small saucepan until just boiling. Pour immediately over custard mixture and stir well. Return to the saucepan; heating gently until the custard thickens. Serve with a small serve of fruit such as an apricot, a few berries, a passionfruit or 1/4 cup canned fruit.

**Per serve ~120kcal, no protein**



### About this resource

Nutritional Values of Australian Foods<sup>1</sup> and product labelling were used to determine the calorie and protein content of the recipes. Products do change their nutrient composition occasionally so VitaFlo cannot guarantee nutrient content will remain accurate indefinitely.

The overall calorie and protein content of the diet and the inclusion of snacks/desserts should be discussed with your dietitian or doctor. Always consume the amount of PKU supplement recommended by your health care professional.

We have used Australian metric measurements throughout. 1 cup = 250ml. 1 tablespoon (Tbs) = 20ml. 1 teaspoon (tsp) = 5ml.

**All cup and spoon measurements were level unless stated otherwise.**

### \*Products we used

- Perfect Italiano™ Light+ Ricotta
- Sakata® Original Rice Crackers
- Poppin® Microwave Popcorn Raw
- Honeycomb can be purchased from specialist sweet shops

#### IMPORTANT

ProZero and PKU air can be used from 6 months and 3 years of age respectively. Not to be used as a sole source of nutrition. For enteral use only.

These recipes have been specifically designed for the dietary management of Phenylketonuria. Before using any of these recipes, please consult your Dietitian or Clinician to make sure it is suitable for your current diet, including allergen requirements.

**PKUair® and ProZero™ are foods for special medical purposes and must be used under strict medical supervision.**

**Fate™ Low Protein Cake Mix** is available for purchase. Contact VitaFlo to order.

<sup>1</sup> Food Standards Australia and New Zealand. Online searchable database. NUTTAB 2013. FSANZ.



Innovation in Nutrition

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