



Healthy Low Protein Living



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BASIC FATE RECIPES

VitaFlo® has created *Live Life Well* Fate recipes – 3 simple ways of using Fate Low Protein All-Purpose mix to make delicious bread for low protein diets. These breads can be conveniently incorporated into the eating plans of many low protein diets – helping you to be healthier and *Live Life Well*.

Fate Low Protein Bread

Makes 2 loaves | 10 slices per loaf

Prep and proving time 60 min

Cooking time 35 min

500g Fate Low Protein All-Purpose Mix

Sachet yeast (provided with mix)

2 tsp salt

120ml vegetable oil

450ml very warm water

Few drops of Parisian
(optional browning agent)

Oil Spray

METHOD

Pre-heat oven to 200°C. Measure 1 Tbs Mix; place to one side.

Place remaining Mix, yeast and salt into a large bowl; stir well. Combine oil, water and Parisian in a jug; pour onto dry ingredients; immediately mixing with an electric beater for 30 seconds. Using blades, now stir gently for 1-2 minutes; the mixture should be smooth and silky.

Divide mixture evenly across two, 13cm x 24cm log baking tins which have been lightly sprayed with oil. Dust hands with reserved Mix and gently press on top to level the surface of each loaf.



Place tins into a large polythene bag, tie up ends; trapping enough air so bag lifts above bread. Leave in a warm place until the dough has almost doubled in size. Bake ~ 35 minutes; until tops are golden brown. Remove loaves from tins; place on a wire rack to cool.

**Per slice (~45g)
~140kcal and no protein**

Kitchen Tips

USING A BREAD MAKER

Fate bread is also great made in a bread maker. For up to date information consult www.fatespecialfoods.com and bread maker instructions.

FREEZING

All Fate breads freeze well. Allow to cool, then place into suitable freezer bags or containers. Loaves are best sliced before freezing.

Keeping it simple.



Innovation in Nutrition



Fate Rolls

Makes 12 rolls

Prep and proving time 60 min

Cooking time 35 min

METHOD

Using ingredients and following instructions overleaf; make bread dough. Divide mixture evenly across a 12-hole patty cake tin which has been sprayed lightly with oil. Level, prove and bake rolls as per instructions overleaf. Remove rolls from tin and place on a wire rack to cool.

Per roll
~230kcal and no protein



For a portable meal, try adding 150g feta cheese and ½ tsp paprika to the Fate roll dough. Bake as per instructions above. **Per roll ~270kcal and 2g protein.**

Ratatouille with Fate Roll

Serves 4

Prep time 10 min

Cooking time 30 min



Ratatouille

1 Tbs olive oil
2 cloves garlic; crushed
2 medium brown onions; chopped
1 medium eggplant; cubed
1½ tsp each; salt, basil, oregano
1 medium zucchini; sliced
2 medium red capsicums; deseeded, thinly sliced
1 x 440g tin diced tomatoes
Ground black pepper
½ cup water

To serve

1 Fate roll (see adjacent recipe)

METHOD

Heat oil in a large saucepan over a medium heat. Add garlic and onion; sauté for 5 minutes. Add eggplant, salt and herbs; stir. Cover and cook, stirring occasionally for 10 minutes or until eggplant is soft. Add zucchini, capsicum, tomatoes and pepper. Cover and simmer 15 minutes more; the zucchini and capsicum should be tender. Serve each portion hot with Fate roll.

Per serve
~350kcal and no protein



- For a spicy ratatouille, try substituting oregano with 1 tsp ground cumin and ½ tsp chilli powder.
- Ratatouille also tastes great wrapped in a Fate tortilla.

Fate Tortillas

Makes 4 tortillas

Prep and cooking time 10 min

100g Fate Low Protein All-Purpose Mix + extra for dusting

½ tsp salt

⅓ tsp baking powder

30ml vegetable oil

65ml cold water

METHOD

Stir Mix, salt, baking powder, oil and water in a bowl with a metal spoon until mixture is smooth and well blended. Leave to rest for 2 minutes. Meanwhile, heat a small, non-stick fry pan over a medium heat. Dust a work surface with the extra Mix. Take 1 heaped Tbs mixture and place onto the dusted surface. Roll and flatten with hands until a circle is formed; ~4mm thick. Using a spatula lift dough from bench and place into pan. Cook for 40 seconds; the tortilla will have slightly “bubbled”. Flip over and cook on the other side for 40 seconds more. Repeat with remaining mixture.

Per tortilla
~ 150kcal and no protein



About this resource

Nutritional Values of Australian Foods¹ and product labelling were used to determine the calorie and protein content of the recipes.

Fate™ Low Protein All-Purpose Mix is available for purchase. Contact Vitaflo to order.

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.

¹ Food Standards Australia and New Zealand. Online searchable database. NUTTAB 2013. FSANZ.

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