



**PROTM
ZERO**

**YOUR *SUMMER* GUIDE
TO USING PROZERO**

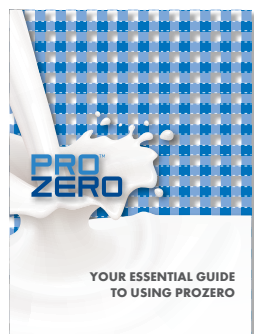
WELCOME TO PROZERO *SUMMER*

VitaFlo welcomes you to the summer edition of Cooking with Prozero. Prozero is a great tasting protein free energy drink that can be used in so many ways offering more choices and more variety for people on restricted protein diets.

Summertime in Australia means alfresco dining, BBQs with friends and family, picnics, summer holidays and the fun of the warm festive season. Many of these recipes have been kindly developed by Eileen Green from Fate Foods in the U.K. Eileen is a mother of two girls, who both follow restricted protein diets, so she fully understands the low protein way of life. We have put together these recipes that we hope you will enjoy over the summer.

We would like to wish you and your families a wonderful Christmas holiday and a happy and healthy year ahead.

Jane, Robyn & Kate
VitaFlo Australia



Contact VitaFlo for Your Essential Guide To Using Prozero if you don't already have a copy.

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HOW TO MAKE WHIPPING CREAM

There are different types of cream that you can make using Prozero, depending on the richness and how you want to serve it. For recipes on how to make the full range of creams refer to Your Essential Guide to Using Prozero.

Whipping cream is a richer version of single cream. It will make a light and airy cream which will thicken, but will still be soft and creamy. It forms the basis of many of the recipes in this book.

WHIPPING CREAM CAN BE USED

- As a base for ice cream
- To make the frothy topping for cappuccinos or coffee.
- As a filling or a topping in low protein cakes.

EQUIPMENT NEEDED

- Small saucepan
- Suitable container such as a 1 litre jug
- Blender
- Hand held electric whisk

MAKES

- Approximately 500ml

INGREDIENTS

- 400ml Prozero
- 100g unsalted butter
- 4 heaped tsp (about 20g) cornflour

HANDY HINTS:

- Only use unsalted butter when making cream.

INSTRUCTIONS

1. Place all the required amounts of ingredients into a small saucepan.
2. Place over a gentle heat and stir well. Keep stirring until the mixture starts to simmer and thicken.
3. Pour into a tall container and use a hand held blender to blend for 30-40 seconds.
4. Leave to cool.
5. Cover and place in the fridge to chill for 3-4 hours, preferably overnight.
6. When chilled and set, the cream can be whipped to form a light and airy consistency by using a hand held electric whisk.



VANILLA ICE CREAM

To make vanilla ice cream you will need whipping cream (see page 4). This needs to be chilled, preferably overnight.

Ice cream made with Prozero is delicious. You will be surprised how quick and easy it is to make a smooth, rich and creamy ice cream - and it's freely allowed in the diet.



MAKE BY HAND

1. Pour the chilled Prozero whipping cream into a large bowl and whisk until light and airy.
2. Add the sugar and vanilla essence, stir well.
3. Stir in a few drops of yellow colouring for a richer colour (optional).
4. Taste and add more sugar to sweeten if desired.
5. Pour the mixture into a large plastic freezer proof container and place in the freezer for about an hour.
6. When it is quite firm and beginning to go solid around the edges remove from the freezer. Using a fork or wire whisk, quickly beat to break up the ice crystals.
7. Place the ice cream back in the freezer to freeze for at least 3 hours.

MAKE USING AN ICE CREAM MACHINE

1. Follow steps 1 to 4 as above.
2. Pour the mixture into the machine. Follow the instructions for your machine, and churn until the ice cream is thick and frozen.
3. The ice cream can be eaten straight away or transfer to a suitable container and store in the freezer.

MAKES

- Approximately 1 litre

EQUIPMENT NEEDED

- Large bowl
- Hand held electric whisk
- Fork or wire whisk
- Large plastic freezer proof container

INGREDIENTS

- 500ml Chilled whipping cream (page 4)
- 90g Caster sugar
- 1-2 tsp vanilla essence or extract
- Few drops of yellow food colouring (optional)

STRAWBERRY CRUSH ICE CREAM

To make strawberry crush ice cream you will need whipping cream (see page 4). This needs to be chilled, preferably overnight.

MAKES

- Approximately 1 litre

EQUIPMENT NEEDED

- Sieve
- 2 Bowls
- Electric hand held mixer
- Large fork
- Large plastic freezer-proof container

INGREDIENTS

- 500ml Chilled whipping cream (see page 4)
- 2 Cans (approx 400g) of strawberries in light syrup
- 90g Caster sugar
- 25ml Lemon juice

TIP

- When draining the tinned strawberries leave them in the sieve over a bowl for a few minutes to make sure they are well drained.
- Use tinned strawberries in light syrup, rather than fresh as they can vary a lot in sweetness and flavour.



INSTRUCTIONS

1. Using a sieve, drain the strawberries well and discard the juice.
2. Put the chilled Prozero whipping cream into a bowl and use an electric hand held mixer to whip the cream for about 2-3 minutes until it is thickened, light and airy.
3. Put the drained strawberries into a bowl and crush. Then with a large fork to break into smaller pieces.
4. Add the crushed strawberries, sugar and lemon juice to the whipped cream and use the electric hand mixer to mix for a further 1-2 minutes.
5. Taste the mixture to see if more lemon juice or sugar is needed.
6. Pour the mixture into a large plastic freezer-proof container. Put in the freezer for about an hour.
7. When it is quite firm and beginning to go solid around the edges remove from the freezer. Using a fork or wire whisk, quickly beat to break up the ice crystals.
8. Place the ice cream back in the freezer to freeze for at least 3 hours.

ICE CREAM VARIATIONS

Lots of ice cream flavours to tantalise your tastebuds.



INSTRUCTIONS

1. Pour the chilled Prozero whipping cream into a large bowl and whisk until light and airy.
2. Add the caster sugar and other ingredients as per the recipe.
3. Follow steps 3-7 for the vanilla ice cream on page 5.

TO SERVE:

- Top your choice of ice cream with grated Vitabite low protein chocolate.

CHOCOLATE CHIP ICE CREAM INSTRUCTIONS

1. Make vanilla ice cream. (See page 5).
2. At step 6 fold Vitabite low protein chocolate through the semi-frozen vanilla ice cream. (Vitabite can be finely chopped, grated or roughly chopped in food processor to desired size).

MAKES

- Approximately 1 litre

EQUIPMENT NEEDED

- As per page 5

INGREDIENTS

- 500ml Chilled whipping cream (See page 4)

LEMON ICE CREAM

- 80g Caster sugar
- 50ml Fresh lemon juice

RASPBERRY ICE CREAM

- 100g Caster sugar
- 145g Frozen blended raspberries

MANGO AND LIME ICE CREAM

- 90g Caster sugar
- 300g Tinned mango purée
- 4 tsps Fresh lime juice

COFFEE ICE CREAM

- 70g Caster sugar
- 1 1/2 tsps Instant coffee granules

CHOCOLATE CHIP ICE CREAM

- 3x25g Vitabite low protein chocolate bars.

AFFOGATO

INGREDIENTS

- 30ml Espresso coffee
- 30ml Liquor (optional) such as Frangelico*
- 2-3 scoops Vanilla Ice Cream (see page 5)

TO SERVE:

- Scoop desired amount of vanilla ice cream into small glass or cup. At serving time pour over warm espresso and chosen liquor simultaneously and eat immediately. Enjoy!

*This is an alcohol and must only be consumed by people 18years and older

HOT CHOCOLATE SAUCE

INSTRUCTIONS

1. Measure the chocolate icing into a microwave proof dish.
2. Add the Prozero and stir.
3. Place the microwave on medium power for just a few seconds until the chocolate is melted and hot.
4. Take out and serve, drizzled over some fresh summer berries, ice cream (see pages 5-7) or layer between fruit and ice cream.

CAUTION

Be careful as sauce is HOT.

EQUIPMENT NEEDED

- Microwave proof dish
- Metal spoon

INGREDIENTS

- 25g Betty Crocker ready to spread icing, chocolate
- 1 tsp Prozero

CUSTARD

There are different consistencies of custard, pouring or thick. They are made the same way, it's simply the amount of custard powder that varies. Custard tastes great hot or cold.

INSTRUCTIONS

1. Put the required amount of custard powder and sugar in small jug or bowl. Add in about 20mls (1 tbsp) of Prozero and stir until smooth.
2. Pour the remainder of the Prozero into a small saucepan and place over a gentle heat until almost boiling. Immediately pour on custard mix and stir well.
3. Return to the pan and stir constantly until the custard comes back to the boil and thickens.

SERVING SUGGESTIONS

- Delicious poured over low protein desserts, fruit crumbles, apple pie or fresh fruit.
- Thick custard can be used as a filling for a low protein fruit flan.
- Pour hot thick custard into small dishes, leave to cool, then chill in the fridge.
- Try a trifle by layering jelly, low protein cake and thick custard. Fun served in glass so you can see the layers.
- For a festive twist try the Brandy* custard for Christmas dessert.

*This is an alcohol and must only be consumed by people 18 years and older.

**Protein content in jelly will need to be checked.

MAKES

- 1 Serve (approx 200ml)

INGREDIENTS

Pouring Custard

- 200ml Prozero
- 2 heaped tsps (about 10g) Custard powder
- 2 tsps (about 10g) Granulated sugar

Thick Custard

- 200ml Prozero
- 4 heaped tsps (about 20g) Custard powder
- 2 tsps (about 10g) Granulated sugar

TRIFLE

- Jelly** (prepare as directions on the packet)
- Low protein cake (broken into chunks)
- Thick custard

BRANDY CUSTARD

- Add 2 tsp (10ml) Brandy* at step 2 of custard recipe. Can be added to either pouring or thick custard.



PANNA COTTA WITH STRAWBERRIES

This is a low protein version of the classic rich, smooth and creamy Italian dessert; Panna Cotta. This recipe is freely allowed in your low protein diet and is a perfect summer treat.

INSTRUCTIONS

1. Pour the Prozero into a small saucepan.
2. Add the butter, caster sugar and cornflour.
3. If you are using a vanilla pod, cut it in half lengthwise and remove the tiny seeds from the inside with a sharp knife. Place the seeds and the cut vanilla pod into the saucepan. If you are using vanilla essence instead, add this.
4. Place the saucepan over a gentle heat and stir well.
5. Keep stirring until the mixture starts to simmer and is thickened.
6. Take out the cut vanilla pod.
7. Pour the mixture into a tall container or jug and use a hand held blender to blend for 30-40 seconds.
8. Then straight away, pour the mixture into small ramekin pots.
9. Leave to cool, then chill in the fridge for 3-4 hours. The Panna Cotta should be set but still have a light and soft texture.

TIP

- If possible, use a vanilla pod rather than vanilla essence as this will give the best flavour.

SERVING SUGGESTIONS

- Turn the Panna Cotta out of the ramekin dish onto a plate (You may have to loosen the edge a little with a knife first). Decorate with strawberries and serve.
- As an alternative add mango by adding 1-2 slices of ripe mango to strawberries and crush together with sugar.

MAKES

- 4-5 Serves

EQUIPMENT NEEDED

- Small saucepan
- Tall container or jug
- Hand held blender
- Suitable pots, ramekin pots, glasses or cups for serving

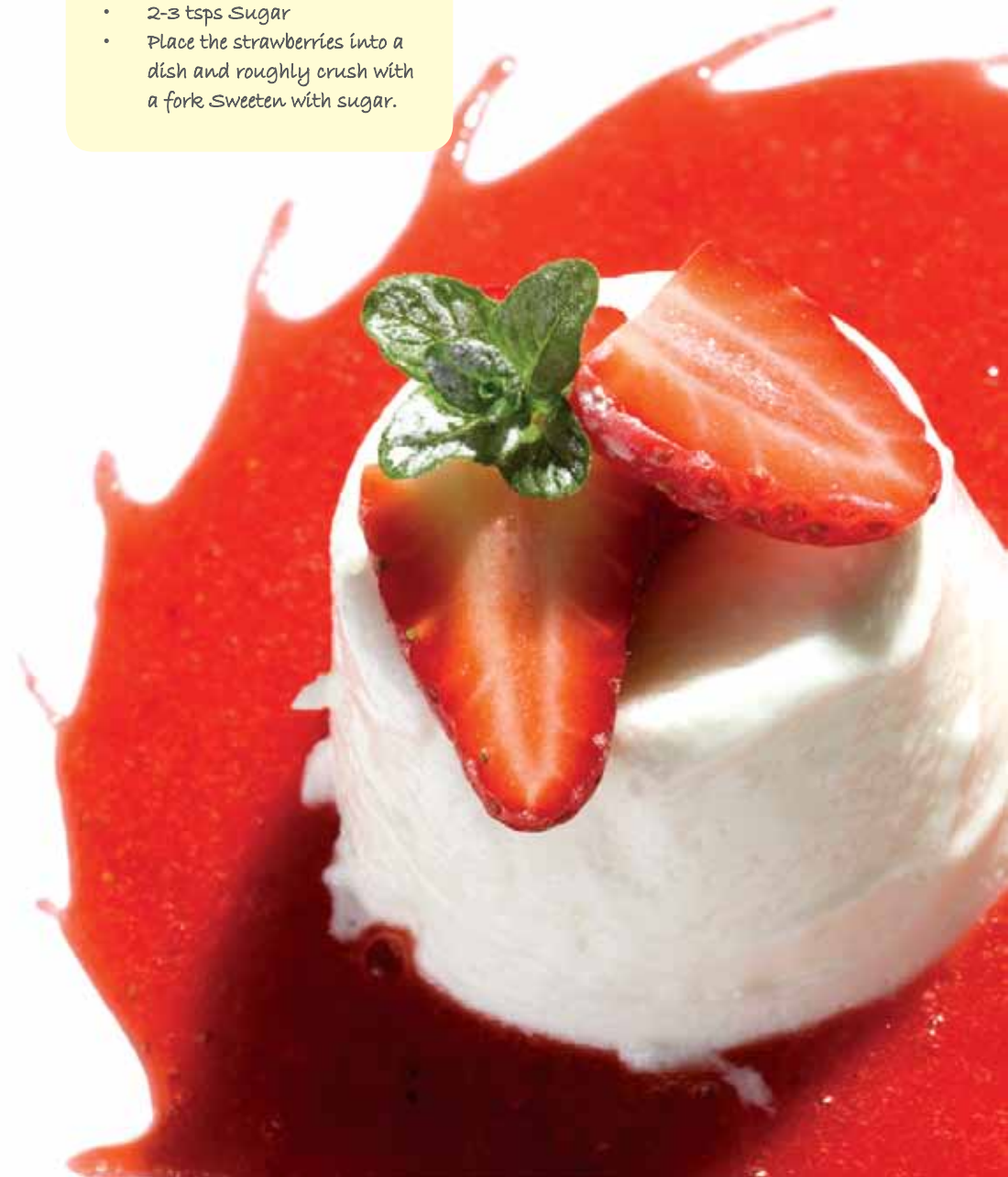
INGREDIENTS

- 400ml Prozero
- 50g Unsalted butter
- 50g Caster sugar
- 25g Cornflour
- 1 vanilla pod or 5 tsp vanilla essence

TO SERVE:

(for each serve)

- 4-5 Fresh strawberries
- 2-3 tsp Sugar
- Place the strawberries into a dish and roughly crush with a fork. Sweeten with sugar.



CLASSIC CHEESECAKE

Please note this recipe has three different steps.

INSTRUCTIONS

STEP 1 - CHEESECAKE FILLING

1. Put the Prozero, unsalted butter and cornflour into a saucepan.
2. Place over gentle heat and stir well with a whisk or spoon until the mixture begins to simmer and thicken.
3. Take off the heat and allow to cool for a few minutes.
4. Pour into a tall plastic container and using a hand held blender, blend for 30-40 seconds.
5. Leave to cool, cover and place in the fridge to chill for at least 3-4 hours, preferably overnight (at this point it should be very firmly set).

STEP 2 - BISCUIT BASE

1. Pre-heat oven to 200°C (400°F).
2. Place the Fate all purpose mix into a mixing bowl and stir in the sugar.
3. Rub in the margarine until the mixture resembles breadcrumbs; continue to rub in until the mixture comes together into a dough.
4. Dust the work surface with Fate all purpose mix and knead the biscuit dough a couple of times until smooth.

5. Roll out to roughly the size of the base of the cake tin. Gently lift the dough into the tin and press the dough down and out to the edges. Prick the surface lightly with a fork.
6. Bake in pre-heated oven for about 25 minutes until firm and golden brown.
7. Take out of the oven and leave to cool in the tin.

STEP 3 - PUTTING THE CHEESECAKE TOGETHER

- Using an electric hand held whisk, whisk the cheesecake filling for about 2 minutes until light and airy.
- Add sugar and lemon juice and whisk for a further 2 minutes.
- Place on top of the biscuit base in the cake tin and use a spoon to level the surface.
- Place in the fridge for 3-4 hours, preferably overnight.

TIP:

- When placing the biscuit dough in the tin, you might find it easier to use a spoon to press the dough out to the edges of the tin.

EQUIPMENT NEEDED

- 24cm Deep cake tin
- Saucepan
- Whisk
- Tall plastic container
- Electric hand blender
- Electric hand whisk
- Mixing bowl

INGREDIENTS

FOR THE CHEESECAKE FILLING:

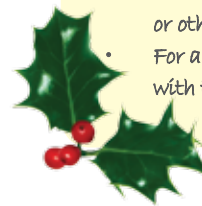
- 600ml Prozero
- 190g unsalted butter
- 90g Cornflour
- 130g Caster sugar
- 60ml Freshly squeezed lemon juice (1-2 lemons)

FOR THE BASE:

- 225g Fate all purpose mix*
- 75g Brown sugar
- 150g Block margarine
- Little extra Fate all purpose mix*

SERVING SUGGESTIONS:

- Serve chilled with fresh fruit, such as strawberries, raspberries or other soft summer fruit.
- For a festive touch top cheesecake with tinned cherries.



SPECIAL NOTE

- This recipe does not freeze well.
- If you want to freeze the Cheesecake it is best to alter some of the ingredients for the filling to:
 - 240g unsalted butter
 - 75g cornflour
 This will give a softer filling, that will remain smooth after freezing.

TIP:

- If you are short of time you can hurry the recipe up by making the cheesecake filling mixture, then as soon as it is cool, place into the freezer for a while until chilled (not frozen) while you make the biscuit base.



*Fate all purpose mix is not available in Australia. Use your regular low protein flour.

QUICK FUDGE

This is a low protein version of rich chocolate fudge. This recipe is freely allowed in your low protein diet.

INGREDIENTS

- 100g (4x25g bars) Vitabite low protein chocolate, chopped
- 50g Butter
- 30ml Prozero
- 5ml vanilla essence
- 425g icing sugar

INSTRUCTIONS

1. Melt the Vitabite and butter in a bowl over a saucepan of hot water.
2. Take off the heat and stir in the Prozero and vanilla essence.
3. Gradually stir in the icing sugar.
4. Put into a lightly greased square baking tray, level the mixture with the blunt side of a knife.
5. Allow the fudge to set in the fridge and cut into bite-sized chunks.

BANANA SUMMER DREAM

INSTRUCTIONS

1. Place all ingredients into blender and blend for 30 seconds.
2. Pour into 2 tall glasses and decorate with lime slices. Sprinkle with grated Vitabite low protein chocolate or coconut.

MAKES

Approx. 500ml (2 serves)

INGREDIENTS

- 200g Banana*, sliced
- 2 tbsps Banana syrup (or powder)
- 1 tbsp Tropical juice
- 200ml Prozero
- 1 tsp Brown sugar
- 2 tbsp Lemon juice
- 4 ice cubes



*Protein content of banana will need to be counted in your diet as you would normally. If unsure, check with your dietitian.

ICED CHOCOLATE & ICED COFFEE

A rich and creamy cold treat for a hot summers day.

INSTRUCTIONS FOR ICED CHOCOLATE

1. Pour Prozero into tall glass.
2. Mix in chocolate flavouring or melted Vitabite low protein chocolate and vanilla ice cream.
3. Using hand held whisk, whisk for 1-2 minutes to make whipping cream light and airy. Add cream to top of iced chocolate.
4. Sprinkle with grated Vitabite low protein chocolate.



INSTRUCTIONS FOR ICED COFFEE

1. Pour Prozero into tall glass.
2. Dissolve coffee granules in 1tsp of boiling water.
3. Add coffee and vanilla ice cream to Prozero.
4. Add sugar to taste.
5. Follow steps 3 and 4 for iced chocolate.

MAKES

- Approx 250ml (1 serve)

EQUIPMENT NEEDED

- 1 Tall glass
- Electric hand held whisk

INGREDIENTS

- 200ml Chilled Prozero
- 1 scoop vanilla ice cream (see page 5)
- 2 tbsps Whipping cream (for iced chocolate) Add 1x25g Vitabite low protein chocolate or 2 tpsps chocolate powder/syrup
- (for iced coffee) Add 1 tsp instant coffee granules and 1 tsp sugar

BASIC SOUR CREAM

A versatile sour cream that can be used to add flavour to vegetables or low protein pastas.

INSTRUCTIONS

1. Put the Prozero, butter and cornflour into a saucepan.
2. Place over a gentle heat and stir with a whisk until the mixture starts to simmer and thicken.
3. Take off the heat.
4. Pour into a tall plastic container and using a hand held blender, blend for 30-40 seconds.
5. Place into a suitable container and leave to cool. Stir a couple of times as it cools. Cover and place in the fridge until chilled.
6. After chilling, stir in the salt and lemon juice.

EQUIPMENT NEEDED

- Saucepan
- Whisk
- Tall plastic container
- Electric hand held blender

INGREDIENTS

- 250ml Prozero
- 45g Unsalted butter
- 25g Cornflour
- Salt to season
- 4 tsp Lemon juice

MUSTARD CREAM

INSTRUCTIONS

1. Put all ingredients into small bowl and mix to combine.

SERVING SUGGESTIONS

- For a festive touch serve with baked or roasted vegetables.*

INGREDIENTS

- 50g Basic sour cream
- 1/4 tsp Seeded mustard
- Pinch of finely grated lemon rind
- Sea salt and cracked black pepper

SOUR CREAM DIP IDEAS

Classic creamy dips to serve as an appetiser or a snack with suitable vegetable sticks. They are really easy to make and will keep well for a few days in the fridge. Just stir before serving.

INSTRUCTIONS

1. Make basic sour cream recipe following steps 1-5.
2. Add the additional ingredients to make your choice of dip.

SERVING SUGGESTIONS

- Mix a dollop of flavoured sour cream through a serve of low protein pasta.

TIP

- For a stronger tasting dip add finely chopped spring onions instead of chives.

INGREDIENTS

To basic sour cream recipe add:

SOUR CREAM & GARLIC

- Additional 1 tsp Lemon juice
- 2 tps Chopped fresh parsley (or 1 tsp dried parsley)
- 1 Clove garlic, chopped or grated

SOUR CREAM & CHIVE

- Additional 6 tps Lemon juice
- 6 tps Chopped fresh chives

SOUR CREAM & SWEET CHILLI

- 2-3 tps Sweet chilli sauce



*Protein content of vegetables will need to be counted in your diet as you would normally. If unsure, check with your dietitian.

PEPPERCORN SAUCE

Peppercorn sauce is versatile and a tasty addition to many of your low protein foods. To make peppercorn sauce you will need whipping cream (see page 4).



MAKES

- Approx. 150ml (1 Serve)

EQUIPMENT NEEDED

- Small jug or cup
- Small saucepan
- Wooden spoon

INGREDIENTS

- 125ml whipping cream (see page 4)
- 20ml Water
- 1 tsp Oil
- 1 - 1 1/2 tsps Peppercorns, crushed
- 2 tbsps Brandy (optional)
- Salt to season

INSTRUCTIONS

1. Place the Prozero whipping cream into a small jug or cup and stir in the water.
2. Place a small saucepan onto a medium heat and add the oil and then the peppercorns. Do not stir, just leave for about 30 seconds to get hot.
3. Carefully add the Brandy, it should flame, so take care.
4. A soon as the flame dies, turn the heat right down and add the cream into the mixture and stir to make a sauce.
5. Season with a little salt.
6. Do not overheat. Serve straight away.

SERVING SUGGESTIONS:

- This sauce is great to serve with your favourite BBQ vegetables.* It is also delicious to serve with sauteéd mushrooms.

TIP

When you add the brandy, be careful as it will flame. Don't worry if it doesn't, there is an art to getting it to flame. It might be that the pan is too hot and the brandy evaporates too quickly.

If you would prefer not to include brandy then you can leave it out of the recipe. It is added just for flavour.

NOTES: _____



Vitabite is a low protein, high energy chocolate flavoured bar. It can be used in many ways: as a bar, melted, grated, chopped and made into all sorts of shapes using novelty moulds and even in a chocolate fountain for dipping.

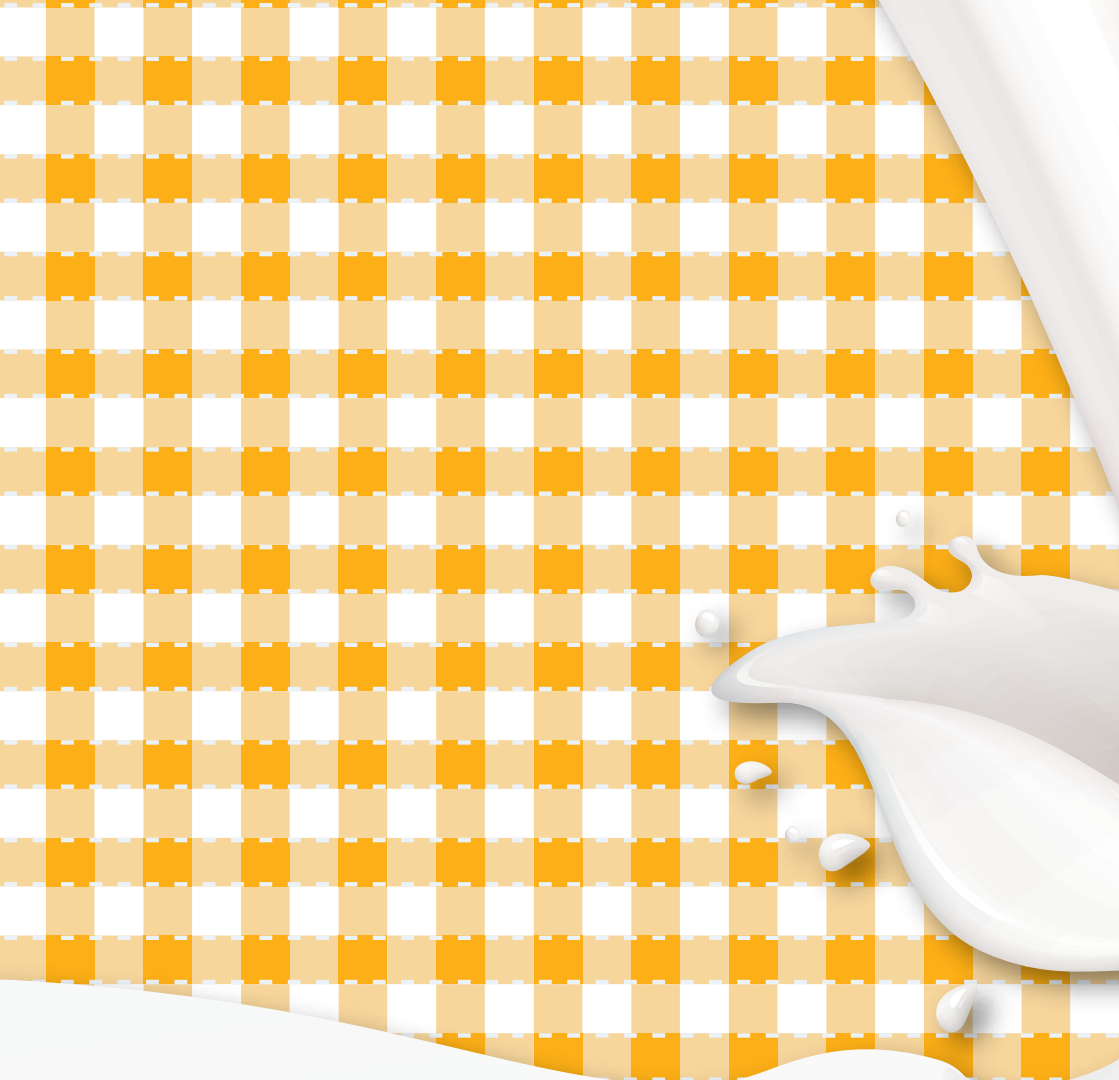
Prozero and Vitabite are Vitaflo products. Prozero is available on prescription. Vitabite can be purchased by contacting Vitaflo. Please contact your dietitian or Vitaflo for more information.



FREE HOME DELIVERY SERVICE.

Call 1800 230 889 or email v2u@vitaflo.com.au to register for this convenient, time saving service.

*Protein content of vegetables will need to be counted in your diet as you would normally. If unsure, check with your dietitian.



Innovation in Nutrition

Web: www.vitaflo.com.au • Tel: 03 5229 8222 • Fax: 03 5229 8225 • Email: enquiry@vitaflo.com.au
Vitaflo Australia Pty Ltd 110 Fyans St, South Geelong VIC 3220

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