



**PRO<sup>TM</sup>  
ZERO**

**YOUR ESSENTIAL GUIDE  
TO USING PROZERO**

# WELCOME BACK TO MILK AND CREAM

Vitaflo is excited to introduce Prozero, now available in Australia.

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.

People on restricted protein diets learn to adapt to life without milk. Now, they don't have to! Prozero can be used as a drink, added to foods or used in cooking. This allows so many more dietary options, flexibility and choice.

The Essential Guide to using Prozero offers many delicious recipes that are simple and easy to make. Many of these recipes have been kindly developed by Eileen Green from Fate Foods in the UK. Eileen is a mother of 2 girls, who both follow restricted protein diets, so she fully understands the low protein way of life. We would like to acknowledge Debbie Colyer, Katie Steuerwald and Kerri Carboon for their ideas and contribution to this guide. Many, many thanks.

At Vitaflo we understand that life is complicated enough and we aim to develop great products to make life easier, everyday.

We hope you enjoy!

Jane, Robyn & Kate  
Vitaflo Australia



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Please ask your dietitian if you are unsure about using any ingredients in these recipes.

# TYPES OF CREAMS EXPLAINED

There are different types of cream that you can make using Prozero, depending on the richness and how you want to serve it.

## SINGLE CREAM



### CONSISTENCY

- Pouring cream, whisked to form a light and airy cream which is soft but still pourable.

### SERVING SUGGESTIONS

- Spoon into hot coffee, serve with all kinds of low protein puddings or with fresh fruit. Also great added to soups and sauces.

## WHIPPING CREAM



- A richer version of single cream. A light and airy cream which will thicken, but still be soft and creamy.

- Use it to make the frothy topping for cappuccinos or coffee. Use as a filling or a topping for low protein cakes.

## DOUBLE CREAM



- Whips to a slightly firmer cream than whipping cream.

- Serve with or use as a topping for low protein puddings or cakes.

## EXTRA THICK DOUBLE CREAM



- Whips to a much firmer cream than double cream, almost like traditional clotted cream.

- Fantastic to serve with low protein scones or as a filling for low protein fruit flans.

# HOW TO MAKE THE CREAMS

The instructions for making the different creams are the same. It's the ingredient amounts of unsalted butter and cornflour that vary slightly.

## INGREDIENTS

### SINGLE CREAM

- Makes approx 450ml
- 400ml Prozero
- 50g unsalted butter
- 3 heaped teaspoons (about 15g) of cornflour

### WHIPPING CREAM

- Makes approx 500ml
- 400ml Prozero
- 100g unsalted butter
- 4 heaped teaspoons (about 20g) of cornflour

### DOUBLE CREAM

- Makes approx 650ml
- 400ml Prozero
- 250g unsalted butter
- 6 heaped teaspoons (about 30g) of cornflour

### THICK DOUBLE CREAM

- Makes approx 650ml
- 400ml Prozero
- 250g unsalted butter
- 10 heaped teaspoons (about 50g) of cornflour

## 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 thickens.
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.

## HANDY HINTS:

- All of the creams freeze easily.
- Pour the prepared cream into ice cube trays and freeze. For quick and easy cream simply defrost and use.
- Only use unsalted butter when making cream.

## EQUIPMENT NEEDED

- Small saucepan
- Suitable container such as a 1 litre jug
- blender / hand held electric whisk

## VANILLA ICE CREAM

To make vanilla ice cream you will need whipping cream (see page 5). This needs to be chilled, preferably overnight.

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



### MAKES

- Approximately 1 litre

### EQUIPMENT NEEDED

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

### INGREDIENTS

- 500mls of chilled whipping cream (page 5)
- 90g caster sugar
- 1-2 tsp vanilla essence or extract
- Few drops of yellow food colouring (optional)

### 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 refreeze 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.

## QUICK 'N' EASY SYRUP

Shop bought ice cream syrups and sauces are often expensive and may contain aspartame. This is our alternative. Made with 2 ingredients; it is quick 'n' easy to prepare.

### INGREDIENTS

- 1 tbsp of suitable apple, blackcurrant cordial (or any other berry flavour)
- 1 tbsp of seedless jam, raspberry, strawberry or blackcurrant

### INSTRUCTIONS

1. Simply place the ingredients in a bowl and stir until they are blended together.
2. Serve as required, hot or cold.

### HANDY HINT

- For a stronger, fruitier flavour double the amount of cordial.
- Always check to make sure the cordial is aspartame free.



## SWEET LEMON CREAM

To make Sweet Lemon Cream you will need whipping cream (see page 5).

### EQUIPMENT NEEDED

- Small bowl
- Electric hand mixer
- Suitable pots, ramekin pots, glasses or cups for serving

### INGREDIENTS

- 50mls of chilled whipping cream (see page 5)
- 1 teaspoon fresh lemon juice
- 2 tps (about 10g) caster sugar

### HANDY HINTS:

- For extra flavour add 1 tsp of zest
- Try orange juice, lime juice or a couple of tps of puree berries instead of lemon juice

A quick 'n' easy, delicious lemon flavoured cream, which tastes like a soft and creamy lemon mousse.

### INSTRUCTIONS

1. Place the chilled whipping cream into a small bowl.
2. Use an electric hand mixer and whisk until thickened and light.
3. Stir in the lemon juice and sugar.
4. Taste and add more lemon or sugar as needed.

### SERVING SUGGESTIONS:

- On its own as a refreshing and tasty dessert.
- With fresh fruit for dipping.
- As part of a low protein pudding.
- A topping for low protein pancakes or cakes.



## FRUIT 'N' LEMON CREAM SUNDAE

To make Fruit 'n' Lemon Cream Sundae you will need Prozero Sweet Lemon Cream (see page opposite).

### INSTRUCTIONS

1. Place a spoonful of the lemon cream into the base of a tall glass or dish.
2. Add a spoonful or two of fruit.
3. Continue to layer lemon cream and fruit.
4. Eat straight away, or keep covered in the fridge for the next day.

### SERVES

- 1 serving in a tall glass or 2 small servings

### INGREDIENTS

- Sweet lemon cream (see page opposite)
- Approx ½ - 1 cup of permitted fruits such as sliced or lightly crushed strawberries, blueberries and raspberries.

### HANDY HINTS:

- Use tinned, stewed or baked fruits for variety.
- Chopped peaches, nectarines, plums and cherries are all good too.



# 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.

## MAKES

- 1 serve (approx 200mls)

## INGREDIENTS

### Pouring Custard

- 200mls Prozero
- 2 heaped tsps (about 10g) custard powder
- 2 tsps (about 10g) granulated sugar

### Thick Custard

- 200mls Prozero
- 4 heaped tsps (about 20g) custard powder
- 2 tsps (about 10g) granulated sugar

## WARNING

Instant custard mix is too high in protein - do not use.

## INSTRUCTIONS

1. Put the required amount of custard powder and sugar in small jug or bowl. Add in about 20mls (1 tablespoon) 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 or as part of a low protein trifle.
- Pour hot thick custard into small dishes, leave to cool, then chill in the fridge. Delicious cold.



# PANCAKES

These pancakes are delicious and can be made either sweet or savoury by altering the ingredients slightly.

## INSTRUCTIONS

1. Sift flour and mix with dry ingredients. Make a well in the middle.
2. Mix egg replacer and Prozero and pour into well.
3. Mix together well.
4. Heat a non stick fry pan on low heat. Grease with butter or non stick spray. Pour 4 spoonfuls of mixture on frying pan trying not to let them touch each other.
5. When they have little bubbles turn them over and cook until other side is golden.

## SERVING SUGGESTIONS

- For sweet pancakes serve with jam and Prozero cream, lemon juice & sugar or fruit.
- Any vegetable combinations can be used in the savoury pancake recipe such as mushrooms and corn or herbs to flavour. Can top with sweet chilli sauce or other permitted sauces for added flavour and variety.

## HANDY HINTS:

- Pancakes freeze well. Separate pancakes with clingwrap prior to freezing.

## MAKES

- 10-12 pancakes

## INGREDIENTS

- 300mls Prozero
- 1 cup low protein flour
- 1 tsp egg replacer

### For savoury pancakes

- Pinch salt or allowed stockcube
- 100g or 4Tbsps tomato paste
- Chopped onion and shallot or other cooked vegetables (approx ½ cup)

### For sweet pancakes

- 1-2 tsps sugar



# SAVOURY WHITE SAUCE

White sauce is versatile and can be used as the basis of other savoury sauces.

## MAKES

Approx 1 cup

## EQUIPMENT NEEDED

- Saucepan
- Wooden spoon or balloon whisk

## INGREDIENTS

- 250mls Prozero
- 25g butter
- 15g (3 tsps) cornflour
- 1/2 suitable vegetable stock cube
- Pepper to season

## HANDY HINTS

- You can use block butter, soft spreadable butter or lighter soft spreadable butter in this recipe.
- Don't use margarine as the flavour won't be as good.
- Add salt to taste if you don't have a suitable vegetable stock cube.
- For a thinner sauce add more Prozero.
- For a thicker sauce add more cornflour.

## INSTRUCTIONS

1. Put the Prozero, butter and cornflour into a saucepan.
2. Place over a gentle heat and stir constantly with a wooden spoon or balloon whisk, until it simmers, for a few seconds. The sauce will become smooth and thickened.
3. Crumble in the 1/2 vegetable stock cube and add the pepper.
4. Stir until the stock cube is dissolved.
5. Serve as required.

## SERVING SUGGESTIONS:

- White sauce is versatile. Add different flavourings such as herbs and spices for variety.
- Serve with any kind of baked, boiled or steamed vegetables. It is particularly good with steamed or boiled broccoli and cauliflower.
- Can add to layers of a vegetable low protein lasagne.
- Mix into low protein pasta and vegetables.



# THAI GREEN VEGETABLE CURRY

Prozero can be made into a coconut milk substitute and used in recipes requiring coconut milk such as green curry.

## INSTRUCTIONS

1. Stir-fry 1-2 Tablespoons of green curry paste with oil and sliced onion and red capsicum.
2. Add other stir fry vegetables such as snow peas, carrots, corn spears, beansprouts, green beans, broccoli or bok choy (approx 1-2 cups). Stir on high heat for a few minutes.
3. Mix coconut essence into Prozero and add to vegetable stir-fry. Bring to the boil then simmer until vegetables are cooked to your liking.
4. If desired, serve with low protein rice or low protein pasta. Top with chopped coriander.

## SERVING SUGGESTIONS:

- Add coconut flavoured Prozero to Pumpkin soup.
- Use coconut flavoured Prozero to make ice cream (see recipe on page 6).
- Use coconut flavoured Prozero to make creams & these can be added to fruit, low protein cakes and desserts.

## SERVES 1-2

## EQUIPMENT

- Knife
- Chopping board
- Wok or non stick frying pan
- Spatula or wooden spoon

## INGREDIENTS

- 250mls Prozero
- 1 tsp coconut essence
- green curry paste
- 1-2 cups mixed vegetables
- serve with low protein rice or pasta if desired



# FROTHY MILK

A thick, light and frothy milk can add variety to many drinks. To make frothy milk you will need Prozero single or whipping cream.

## SERVES 1

### EQUIPMENT NEEDED

- Jug or cup
- Small battery operated whisk or milk frother

### INGREDIENTS

- 1½ tsps of single or whipping cream (page 5)
- 2½ tablespoons (50ml) Prozero

### HANDY HINT:

- Pour the prepared frothy milk into ice cube trays and freeze for later use.

### INSTRUCTIONS

1. Put 1½ teaspoons of single or whipping cream into a small jug or cup.
2. Add 2½ tablespoons (50ml) Prozero.
3. Use a small battery operated whisk or milk frother and whisk until it is light and frothy. This should take between 1-2 mins.

### SERVING SUGGESTIONS:

- Add to milkshakes, flavoured milk, coffee and hot chocolate.
- Top drinks with grated Vitabite low protein chocolate.



# FROTHY MILK CAPPUCCINO

You can now enjoy a cappuccino too! To make a cappuccino you will need 1 serve of Prozero frothy milk (recipe opposite).

### INSTRUCTIONS

1. Make a cup of coffee.
2. Sweeten to taste.
3. Top with a generous helping of Prozero frothy milk.
4. Sprinkle with cinnamon or grated Vitabite low protein chocolate.

### HANDY HINTS:

- Stencils can be bought from many retail stores to sprinkle shapes on your cappuccino.

## SERVES 1

### INGREDIENTS

- Cup of coffee
- Sprinkle of cinnamon powder or grated Vitabite low protein chocolate





# THICK MILKSHAKE

A thick creamy milkshake is thirst quenching on a hot summers day. Change flavour for variety.

## MAKES

- 1 milkshake

## EQUIPMENT NEEDED

- Jug or tumbler
- Small battery operated whisk or milk frother

## INGREDIENTS

### Thick Milkshake

- 4 tsps of chilled whipping cream (see page 5).
- 150mls of chilled Prozero.
- 2-4 tsps suitable powder or syrup to flavour.

### Quick 'n' easy Flavoured Milk

- 150mls of chilled Prozero.
- 2-4 tsps suitable powder or syrup to flavour.

## WARNING:

- Always check your flavourings for protein and aspartame content.

## INSTRUCTIONS

1. Place the cream into a jug and add 150ml Prozero.
2. Use a small battery operated whisk or milk frother and whisk until it is light and frothy. It will probably take 1-2 mins.
3. Stir in the powder or syrup to flavour. Mix well.
4. Pour into a glass to serve.

## QUICK 'N' EASY FLAVOURED MILK

- Pour the Prozero into a glass and stir in the suitable powder or syrup to flavour. Mix well.



# FRESH FRUIT SMOOTHIE

Make delicious and refreshing smoothies using fresh or frozen fruits such as strawberries, raspberries or bananas.

## INSTRUCTIONS

1. Place the Prozero into a blender or blender.
2. Add fruit and 1 teaspoon of sugar.
3. Blend the ingredients until smooth.
4. Taste and add more sugar if desired. Pour into a glass to serve.

## HANDY HINT:

- Fresh, frozen or canned fruit can be used in this recipe.
- Add a few slices of frozen banana for extra flavour. Simply slice them up and put them in the freezer. They taste delicious when blended with strawberries.

## MAKES

- 1 smoothie

## EQUIPMENT NEEDED

- 1 glass
- Blender

## INGREDIENTS

- 200mls Prozero
- 100g of strawberries, raspberries or other suitable fruits (fresh or frozen)
- 1-2 tsps sugar to sweeten



# SPIDER

This is a protein free version of the sweet drink often found in American style diners and cafes. Perfect on a sunny afternoon.

## MAKES

- 1 spider drink

## EQUIPMENT NEEDED

- Large glass

## INGREDIENTS

- 1 glass of suitable soft drink eg. cola or lemonade
- 1 scoop of vanilla ice cream (see page 6)

## WARNING:

Always use permitted fizzy drinks and check they are aspartame free.

## INSTRUCTIONS

1. Pour the soft drink into a large glass.
2. Place a scoop of Prozero vanilla ice cream on top.
3. Watch it fizz and enjoy!



Eileen Green is a mum from the UK with two daughters, who both have PKU, so she fully understands the low protein way of life. Eileen has built her own company that offers a low protein all-purpose mix, a plain mix and a chocolate flavour cake mix.



Eileen developed these mixes and many recipes to help everyone make great low protein food.

Eileen has also designed many of the Prozero recipes outlined in this booklet and they have been tried and tested by her daughters - many, many thanks.



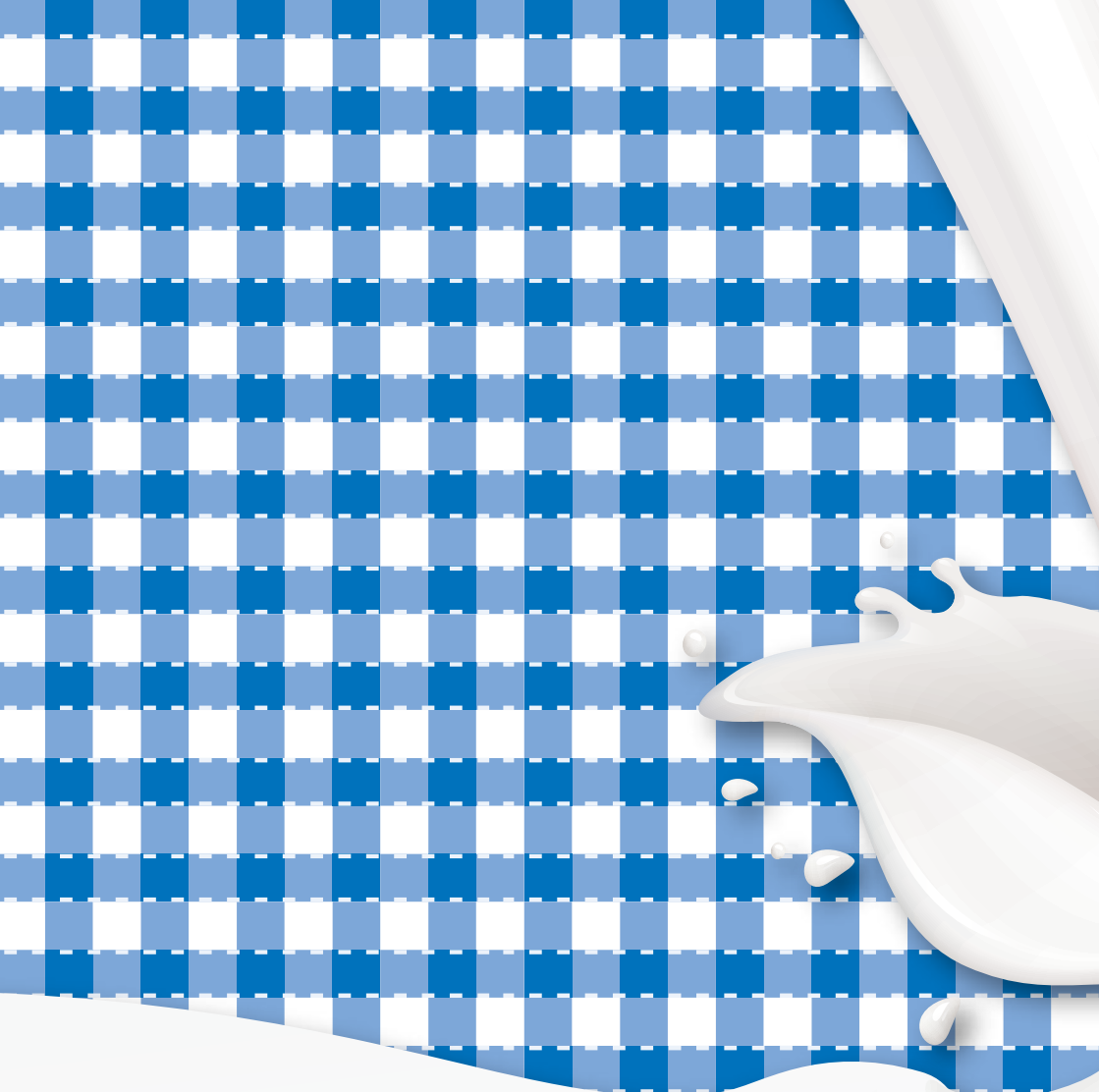
Vitabite is a low protein, high energy chocolate flavoured bar. It can be used in many ways: as a bar, melted, made into all sorts of shapes using novelty moulds and even in a chocolate fountain for dipping.

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.



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Web: [www.vitaflo.com.au](http://www.vitaflo.com.au) • Tel: 03 5229 8222 • Fax: 03 5229 8225 • Email: [enquiry@vitaflo.com.au](mailto:enquiry@vitaflo.com.au)  
VitaFlo Australia Pty Ltd 110 Fyans St, South Geelong VIC 3220

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