

Mix It Up

with

GMPPro Mix-In

Simple ideas to include PKU
GMPPro Mix-In into your daily life



Your Mix!

Your Way!



This recipe booklet is intended for patients, and carers of patients, who have been prescribed Loprofin and GMPPro Mix-In by a Healthcare Professional. The Loprofin Range and GMPPro Mix-In are Foods for Special Medical Purposes, for the dietary management of inherited metabolic disorders and other conditions requiring a low protein diet and must be used under medical supervision.

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Your Mix!

Your Way!

Welcome to our meal planner designed to support your low protein diet.

It's a practical guide to making your dietary journey easier. Not only recipes, but simple and practical tips are featured here as specifically developed for your low protein diet with **GMPro Mix-In**.

GMPro Mix-In is a virtually tasteless and odourless GMP-based protein substitute that can be mixed into other protein substitutes, a variety of foods low in protein, water or any flavoured drink of your choice.

Following our tips and advice, you can easily integrate this protein substitute into your daily meals, whether it's a morning smoothie, lunchtime salad, or a dinner recipe.

Please note that the nutritional information provided in the recipes serves as a guide and does not account for the contribution from **GMPro Mix-In**. Always consult your Healthcare Professional before making any changes to your low protein diet.

We hope you enjoy!

Sincerely, Chef Derek







TIPS & TRICKS

Think of your **GMPPro Mix-In** as a new ingredient you need to get to know. It might take practice to get it right, but stick with it.

Here are our best tips and tricks for success:

-  Add **GMPPro Mix-In** to your **individual serving** (not the total recipe).
-  **Warm up your food** before adding your **GMPPro Mix-In**.
-  Recipes can be prepared in **advance**, but we recommend adding **GMPPro Mix-In** to your portion when you are ready to eat it.
-  Once mixed with food or drinks, **GMPPro Mix-In** can be **refrigerated in a covered container for up to 24 hours**. Shake or stir immediately before use.
-  When mixing with food it is important to **ensure that all food is consumed** to ensure the full dose of protein substitute is delivered.
-  **Leftover liquids** (e.g. juice, without the added **GMPPro Mix-In**) can be frozen in an ice cube tray and reused in another portion.
-  **Leftover fresh fruits can be frozen** and reused in another portion.
-  Adding the **GMPPro Mix-In** and mixing **may change the texture of the recipe** a bit. If necessary, let it chill for a few minutes and then check it again.
-  You may find it easier to mix with a whisk.
-  Recipes (without the added **GMPPro Mix-In**) can be **shared with friends and family**. They can add additional protein to their portion as desired.
-  For optimum taste experience **do not overheat** or freeze the **GMPPro Mix-In**.
-  **Be patient**. You will get the hang of this.
-  **Do not** heat, bake or add to hot foods or drinks (above 55°C).

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Breakfast



Serving suggestion.

Start your day with a satisfying, low-protein breakfast that's easy to prepare and delicious to enjoy.

Simply add GMPro Mix-In into any of your favourite morning meals to boost your energy for the new day:

Low-Protein Smoothie



Start your day with a low-protein smoothie. Add **GMPro Mix-In** and serve with fresh berries.

Low-Protein Vegetable of Fruit Juice



A perfect way to start your day — stir **GMPro Mix-In** into any vegetable or fresh fruit juice of your choice.

Breakfast Pots



Treat yourself with delicious breakfast pots – we developed an inspirational recipe for you.

Low-Protein Cereal



Looking for a classic breakfast meal? Quick and easy: add **GMPro Mix-In** into low-protein milk and serve with low-protein cereal.

Other quick breakfast alternatives



Make your breakfast ahead: stir **GMPro Mix-In** into low-protein coconut yoghurt, keep in the fridge for mornings, when time is tight. Or you can mix your **GMPro Mix-In** into any low-protein ready-made fruit salad.

Lunch



Serving suggestion.

Diverse, simple & quick low-protein lunch options

Here are a few easy solutions for seamlessly integrating GMPro Mix-In into your favourite dishes:

Any Dip of Your Choice



GMPro Mix-In can be easily blended into any low-protein ready-made dip. Serve with low-protein nachos or chips, or raw vegetables. Don't have time to cook? **GMPro Mix-In** can be easily added into ready-made guacamole, served with raw carrots, radish or cucumber sticks.

Low-Protein Pasta



Add **GMPro Mix-In** into ready made low-protein tapenade and stir it into cooked low-protein pasta.

Low-Protein Soup



GMPro Mix-In can be added into ready-made or pre-cooked low-protein soups.

Salads



The easiest way of adding **GMPro Mix-In** is mixing it into the dressing of any low-protein ready-made salad.

Wraps & Sandwiches



Add **GMPro Mix-In** into low-protein mayonnaise and use with low-protein bread to make a sandwich or low-protein wrap.



Snacks

Serving suggestion

Time to take a break!

When it comes to snacking, having low-protein options on hand is key to staying on track with diet. Try simple choices to fuel your day and keep your energy high.

Low-protein Milkshakes

Shake **GMPro Mix-In** into a carton of Loprofin Drink LQ or Loprofin Snow-pro. Also, works great for low-protein hot chocolate.



Caffeinated Beverages

Simply add **GMPro Mix-In** into your favorite iced tea or iced coffee and enjoy the flavour of your choice. You can see if there are any options on the menu you could add your **GMPro Mix-In** too.



Refreshing Drinks

Add **GMPro Mix-In** into any refreshing drink you like: it will work with flavoured water, fruit juice or vegetable juice.



Ready or Pre-Cooked Snacks

Supermarkets sell some amazing on the go low-protein lunch snacks, vegetable sticks with a dip you can easily add your **GMPro Mix-In** to.



Dinner



Serving suggestion

End your day with a satisfying low-protein dinner that doesn't compromise on taste.

We developed a variety of delicious low-protein recipes tailored to meet your dietary needs. However, feel free to get creative in the kitchen!

Low-protein Dip

You may add **GMPro Mix-In** into any low-protein dip, serve with roasted vegetables and low-protein crackers.



Vegetable Stew or Risotto

Sprinkle **GMPro Mix-In** over Aubergine Stroganoff or Vegetable Risotto before serving.



Low-Protein Dressing

Add **GMPro Mix-In** into low-protein mayonnaise and use as a dressing for salad or pasta salad.



Low Protein Pesto

Add **GMPro Mix-In** into any ready-made low-protein pesto and serve with low-protein pasta.



With Curry or Soup

GMPro Mix-In can be easily added into your Curry and served with a low-protein rice.



Baked Potatoes

Mix **GMPro Mix-In** with mayonnaise and grate low-protein cheese and chopped spring onion.



Recipes



Serving suggestions

GREEN SMOOTHIE

Total recipe makes: 2 servings • Total exchanges in recipe: ½ (exchange per serving 0)*

Time: 10 minutes to prepare



Ingredients:

½ banana
Handful of fresh spinach
¼ avocado
200ml Loprofin Sno-Pro
60ml Cold water
GMPro Mix-In***
(the quantity you need)

Method:

1. Add all ingredients except **GMPro Mix-In** into a blender and blend for 10 seconds.
2. Separate out your portion and add 1 sachet of **GMPro Mix-In**. Blend until well combined.
3. Set aside the other serving in the refrigerator and consume within 24 hours.

Note: To ensure you get all the **GMPro Mix-In**, you may need to swish the blender with a bit of water and add it to your smoothie.

When out and about

Any low-protein smoothie or fruit blend can be used. Simply stir **GMPro Mix-In** into it and enjoy on the go. Don't forget vegetable juice too.

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FRUIT JUICE REFRESHER

Total recipe makes: 1 serving • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 20 minutes to prepare



Ingredients:

100 ml cranberry juice
50ml orange juice
50ml pineapple juice
GMPro Mix-In***
(the quantity you need)
Sparkling water

Method:

1. Add the fruit juices and **GMPro Mix-In** sachet to a jug and mix.
2. Pour into a glass with ice and top up with sparkling water.
3. Drink straight away.

Chef's tips

- Use any low-protein fruit juice to change up the flavours.

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BREAKFAST SMOOTHIE BOWL

Total recipe makes: 1 serving • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 10 minutes to prepare

Ingredients:

Green Smoothie:

Small handful of baby spinach

½ ripe banana

1 kiwi

100ml Sno-Pro/Loprofin Drink LQ

GMPPro Mix-In*** (the quantity you need)

Mixed Berry Smoothie:

100g mixed berries

½ ripe banana

100ml Sno-Pro/Loprofin Drink LQ

1 tbsp honey

GMPPro Mix-In*** (the quantity you need)

Blueberry Smoothie:

75g blueberries

½ ripe banana

100ml Sno-Pro/Loprofin Drink LQ

1 tbsp honey

GMPPro Mix-In*** (the quantity you need)

Mango Smoothie:

100g mango

½ ripe banana

100ml Sno-Pro/Loprofin Drink LQ

1 tbsp honey

Juice of ½ lime

GMPPro Mix-In*** (the quantity you need)

Method:

1. Put all the ingredients for your chosen smoothie into a food processor or blender¹ and process until smooth and thick.
2. Serve immediately.



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1. Please follow the manufacturer's instructions.

APPLE BREAKFAST POTS

Total recipe makes: 2 servings • Total exchanges in recipe: 1 (exchange per serving 0.5)*

Time: 20 minutes to prepare

Ingredients:

2 apples peeled and diced

100g coconut yoghurt

50ml Sno-Pro or Loprofin Drink LQ

Juice of 1/2 lemon or lime

Pinch of ground cinnamon

1 tsp vanilla extract or paste

50g Loprofin Loops

The quantity you need of

GMPPro Mix-In***

Method:

1. In a bowl, add the diced apple, vanilla, a pinch of cinnamon and sprinkle over the juice of the lemon/lime.
2. Stir to combine so the apples are coated in the juice (this will stop them going brown).
3. In 2 small pots, add the Loprofin Loops.
4. In a jug, mix the yoghurt and Sno-Pro or Loprofin Drink LQ.
5. Divide the yoghurt mixture and stir in the **GMPPro Mix-In*****.
6. Place the yoghurt on top of the Loprofin Loops pots.
7. Now divide the apple mixture and place it on top of the yoghurt and Loprofin Loops.
8. Cover and place in the fridge to chill.



Serving suggestion.

Chef's tips

- Make ahead for breakfast or have these as dessert pots
- Add any fresh fruit to change the flavours - pear works great in this recipe too
- Change the Loprofin Cereal to mix up the flavours



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BEETROOT & LIME HUMMUS

Total recipe makes: 6 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 10 minutes to prepare



Serving suggestion.

Ingredients:

4 beetroots, cooked
1 clove of garlic, crushed
Handful of fresh herbs
1 tbsp olive oil
Juice of ½ lime
Salt and pepper
GMPro Mix-In***
(the quantity you need)

Method:

1. Blend all of the ingredients together until smooth, adding more olive oil and lime juice if you prefer a thinner consistency.
2. Season with salt and pepper.
3. Separate out your portion and add **GMPro Mix-In**. Whisk until uniform.

Chef's tips

- This hummus goes really well with cucumber, carrot and celery sticks or low-protein crackers
- **GMPro Mix-In** can be easily blended into any dip of your choice



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WHIPPED FETA CREAM

Total recipe makes: 6 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 10 minutes to prepare



Serving suggestion.

Ingredients:

150g Mediterranean low -protein cheese
2 tsp olive oil
½ tsp onion powder
½ tsp garlic powder
25g low-protein coconut yoghurt
Salt and pepper to season
GMPro Mix-In***
(the quantity you need)

Method:

1. To a bowl, or a processor, add the low-protein cheese, yoghurt, garlic powder, onion powder, oil and season to taste.
2. Blend until smooth.
3. Divide into 2 portions and mix in the **GMPro Mix-In** sachets and chill until needed.

Chef's tips

- Serve with raw vegetables, Loprofin Crackers or use as a sandwich filling
- This dip can be taken to school, work or on a day trip
- This dip can be made ahead and chilled
- Great for lunch boxes, party food and BBQs



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TIKTOK-STYLE PASTA

Total recipe makes: 2 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 40 minutes to prepare

Ingredients:

250g baby tomatoes
2 cloves of garlic or 1 tsp garlic puree
150g low-protein Mediterranean style cheese
35ml olive oil
1 tsp dried mixed herbs
salt & pepper to season
Loprofin pasta to serve
GMPro Mix-In***
(the quantity you need)

Method:

1. In a baking dish, place the low-protein cheese, tomatoes, garlic (sliced thinly) and sprinkle over the dried basil.
2. Next, drizzle over the olive oil and place the baking dish into a 200°C oven for 20/25 minutes until the tomatoes have roasted and broken down but are still holding their shape.
3. Cook the Loprofin pasta in a large pan of boiling water.
4. Take the baking dish out of the oven and with a fork or potato masher, break up the cheese and mix everything into a chunky sauce.
5. Once sauce is ready, portion off a quantity you need and stir through the **GMPro Mix-In**.
6. Drain the pasta and pour over the sauce.



Chef's tips

- This sauce works with any Loprofin pasta.
- You can add courgettes, diced onion, and aubergine to the tomato mix before placing in the oven.
- This sauce will freeze well once cooled so works great for batch cooking



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SUMMER SOUP

Total recipe makes: 2 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 10 minutes to prepare

Ingredients:

200g tomato juice chilled
50g cucumber cubes (remove the seeds to stop the soup becoming too watery)
½ yellow pepper diced
2 spring onions sliced thinly
6 basil leaves chopped
8 cherry tomatoes quartered
1 large or 2 small sticks of celery sliced thinly
Salt and pepper to season
GMPro Mix-In***
(the quantity you need)

Method:

1. To a bowl, add the tomato juice, chopped vegetables, basil and season to taste with salt and black pepper - stir to combine.
2. Divide into 2 portions and mix in the **GMPro Mix-In** sachets.
3. Chill until needed - you can keep it in a flask to stay chilled if going out.



Serving suggestion.

Chef's tips

- Add any raw vegetables to this recipe - lettuce and avocado work great here
- Cold soup works really well as a summer lunch or dinner idea
- Make ahead and chill until needed
- This soup can be taken to school, work or on a day trip
- Perfect for lunch boxes, party food and BBQs



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NOODLE SALAD

Total recipe makes: 1 serving • **Total exchanges in recipe:** 0 (exchange per serving 0)*

Time: 10 minutes to prepare

Ingredients:

150g Loprofin Spaghetti
cooked and cooled

For the dressing:

1 clove of garlic

½ tsp mustard powder

Juice of 1 lemon or lime
(fresh or bottled)

50ml olive or avocado oil

Salt and pepper to season

GMPro Mix-In***

(the quantity you need)

For salad:

50g baby corn sliced

50g radishes sliced

1 carrot grated

25g garden cress (optional)

25g fresh herbs (optional)

Method:

Dressing

1. To make the dressing, add the mustard, crushed garlic, lemon juice and season to taste. Whisk until combined.
2. Whisk in the oil a little at a time or alternatively add everything to a jam jar and shake.
3. Divide dressing into 2 and stir in the **GMPro Mix-In** sachets.

Noodle Salad

4. In a bowl, add the cooled cooked noodles, vegetables and herbs.
5. Divide mixture into 2 and place in an airtight container to chill until needed.
6. When ready to serve, pour over the dressing and mix well to combine.



Chef's tips

- Add any raw vegetables to this recipe, lettuce and avocado work great here
- You can make this meal ahead and keep it chilled until needed
- Great for lunch boxes, party food and BBQs

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ICED COFFEE

Total recipe makes: 2 servings • **Total exchanges in recipe:** 0 (exchange per serving 0)*

Time: 20 minutes to prepare



Serving suggestion.

Ingredients:

250ml home brewed coffee

60ml **Loprofin Drink LQ**

2-3 ice-cubes (adjust according to preference)

GMPro Mix-In***

(the quantity you need)

Method:

1. Add all ingredients except the ice-cubes into a shaker and shake vigorously for 10 seconds.
2. Pour the coffee over ice-cubes into your favourite cup and enjoy.

Chef's tips

- This recipe also works with instant coffee and flavoured coffee. This recipe is the perfect opportunity to customise your coffee so that it tastes just right.



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PEACH ICED TEA

Total recipe makes: 2 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 20 minutes to prepare

Ingredients:

2 tea bags of your choice
200ml boiling water
100g tinned peaches in juice
2 tsp honey

GMPPro Mix-In***
(the quantity you need)

Method:

1. Boil the water and allow it to cool slightly.
2. In a jug, place the tea bags and honey.
3. Pour the water into the jug and stir - allow to infuse for 30 minutes.
4. Remove the tea bags, then add the peaches.
5. With a stick blender, blend until smooth.
6. Pour half into a glass and add the **GMPPro Mix-In** - stir with a fork to combine.
7. Add ice and serve.
8. The other half can be chilled until needed.



Serving suggestion.

Chef's tips

- Other fruit can be used in this recipe including pears, oranges and lychee
- Batch make this tea and keep chilled until needed. When you are ready to drink, stir in your **GMPPro Mix-In** sachet
- Fresh fruit can also be used, including raspberries, melon and grapes
- You can keep your iced tea in a flask with ice and take it on the go



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VIRGIN MARY MOCKTAIL

Total recipe makes: 2 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 20 minutes to prepare

Ingredients:

200 ml tomato juice
Juice of 1 lemon or lime
Pinch of celery salt
Dash of Worcestershire sauce†
Dash of hot sauce
(as much as you like)
2 celery sticks to serve
Ice cubes

GMPPro Mix-In***
(the quantity you need)

Method:

1. In a jug, add the chilled tomato juice, hot sauce, Worcester sauce, celery, salt and the juice of a lemon or lime.
2. Use the celery stick to mix.
3. Pour into 2 glasses and stir in the **GMPPro Mix-In** sachets.
4. Add the ice and serve with a celery stick.
5. Make ahead and keep in the fridge until needed.



Serving suggestion.

Chef's tips

- Tomato juice is a great way to add flavour to your low-protein drink
- This recipe works great as a mocktail for parties, BBQs and brunches
- You can freeze the tomato juice in ice cube trays and add to this drink
- Other vegetable juices can be used, including carrots and beetroot



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KERALAN CURRY

Total recipe makes: 6 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 20 minutes to prepare, 45 minutes to cook

Ingredients:

900g of roasted vegetables (parsnip, butternut squash, cauliflower)

2 onions

25g coconut oil

1 tsp chilli flakes

1 tsp cumin

2 tsp turmeric ground

1 tsp ground coriander

2 tsp minced ginger

1 litre coconut water

1 veg stock cube

2 tsp tamarin paste

200g pak choi

6 portions of Loprofin Rice

GMPPro Mix-In***

(the quantity you need)

Method:

1. Melt the coconut oil in a large pan over medium-low heat.
2. Slice the 2 onions and add to the pan, sprinkle over 1 tsp of salt and cook for 15 minutes until really soft.
3. Add the chilli flakes, cumin, coriander, ginger and turmeric. Fry for a few minutes to toast the spices and release the flavours into the onions.
4. In a jug, mix the coconut water, stock cube and tamarin paste. Add to onion mixture and bring to the boil.
5. Add the roasted vegetables and bring back to the boil.
6. Chop the pak choi and add the white stalks to the curry. Cook for 3 minutes then add the green leaves and allow to wilt in the curry.
7. Once you make the curry portion you need and then add **GMPPro Mix-In**.
8. Serve with cook Loprofin Rice.

Chef's tips

- You can use any roasted vegetables in this curry
- Once cooked allow to cool and freeze until needed
- Great served with coconut rice and home-made bread
- You can blend this curry into a soup by adding more vegetable stock



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Serving suggestion.



Serving suggestion.



SALAD NIÇOISE

Total recipe makes: 4 servings • Total exchanges in recipe: 2½ (exchange per serving ½)*

Time: 10 minutes to prepare, 30 minutes to cook

Ingredients:

150g new potatoes
75g green beans
50g black olives
2 baby gem lettuce
50g low-protein mayonnaise 2
tablespoons of Sno-Pro
1 small bunch fresh basil leaves
1 tsp garlic puree
25g olive oil
Salt and pepper
Zest of 1 lemon
GMPro Mix-In***
(the quantity you need)

Method:

1. Slice the new potatoes in half and place onto a baking sheet drizzle over the olive oil and roast at 200°C until golden brown.
2. Chop the basil leaves and add to small bowl, mix in the garlic, low-protein mayonnaise, Sno-Pro, zest of the lemon then season to taste with salt and pepper.
3. Once the dressing is made, stir **GMPro Mix-In** into it.
4. Steam the green beans until tender crisp (still with some crunch to them). Once cooked, plunge them into a bowl of iced cold water to stop them cooking and they keep their green colour.
5. Place the baby gem leaves on a plate and fill with the roasted potatoes, green beans and olives then drizzle on the basil dressing.

Chef's tips



- The dressing can be made and kept in the fridge for 4 days
- You can add peppers and roast with the potatoes
- If you don't like olives you can replace with grapes, cucumber or cherry tomatoes
- The dressing can be used as a dipping sauce for onion rings, sweet potato fries or to top a mushroom burger
- Eat this salad hot or warm, as a side dish or as a main course salad
- You can add some low-protein feta cheese

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AUBERGINE STROGANOFF

Total recipe makes: 2 servings • **Total exchanges in recipe:** 2 (exchange per serving 1)*

Time: 10 minutes to prepare, 15 minutes to cook

Ingredients:

350g cooked Loprofin Rice
2 aubergine
1 large onion
25g olive oil
100 ml Sno-Pro
200 ml vegan low-protein double cream
2 tsp garlic puree
2 tsp smoked paprika
1 tsp dried mixed herbs
2 tsp Loprofin Mix
GMPro Mix-In***
(the quantity you need)

Method:

1. In a large pan of boiling water cook the Loprofin Rice.
2. Chop the onion in half and slice thinly, add to a large frying pan with the olive oil over low-medium heat.
3. Cook for 5 minutes. You can add ½ tsp of salt to stop the onions browning.
4. Slice the aubergines into batons and add to the onion. Fry for another 5 minutes.
5. Add the garlic, smoked paprika and dried herbs to the pan. Cook for another 2 minutes.
6. In a jug, stir the Loprofin mix and Sno-Pro together until you have a smooth mixture. Once smooth add the vegan cream.
7. Pour the cream mixture into the aubergine and stir. As the sauce begins to simmer it will begin to thicken.
8. Portion off a quantity you need, then stir in **GMPro Mix-In**.
9. Drain the rice and serve with your stroganoff sauce.

Chef's tips

- Try adding mushrooms or peppers to this recipe
- Once the stroganoff has cooled you can freeze and re-heat when needed
- Traditionally stroganoff is served with noodles so you can use Loprofin spaghetti or tagliatelle



*The protein exchange and protein content indicated in these recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. **Allergens may be present, please check individual ingredients and product labels. If concerned about allergens, please contact your healthcare professional. ***1 sachet of PKU GMPro Mix-In contains 18mg phenylalanine (Phe) per 12.5g (10g PE) serving.



Serving suggestion.



Serving suggestion.



SPAGHETTI & BEETROOT PESTO

Total recipe makes: 4 servings • Total exchanges in recipe: 2 (exchange per serving ½)*

Time: 10 minutes to prepare, 15 minutes to cook

Ingredients:

300g cooked beetroot
100g low-protein coconut yoghurt
50g low protein parmesan cheese
1 small bunch fresh basil
½ tsp ground cumin
Salt and pepper
Loprofin Spaghetti
GMPro Mix-In***
(the quantity you need)

Method:

1. In a large pan of boiling water cook the Loprofin Spaghetti.
2. Chop one cooked beetroot into small cubes and keep this to one side for serving.
3. In a food processor add the remaining beetroot, basil, cumin, low-protein parmesan cheese and coconut yoghurt. Pulse until you have a smooth sauce.
4. Season with salt and pepper.
5. Once the pesto is made portion off a quantity you need and stir through the **GMPro Mix-In**.
6. Drain the cooked spaghetti and stir through the beetroot pesto.
7. To serve add the diced beetroot.

Chef's tips

- You can make the pesto ahead of time and keep for 4 days in the fridge
- Cherry tomatoes, char-grilled peppers, roasted aubergine and olives all work well in this recipe
- You can use the pesto in a cold pasta salad
- The pesto is a great dip served with raw vegetables



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VEGETABLE RISOTTO

Total recipe makes: 2 servings • Total exchanges in recipe: 0 (exchange per serving 0)*

Time: 20 minutes to prepare, 40 minutes to cook

Ingredients:

350g exchange free vegetables

2 tbsp olive oil

100g Loprofin Rice

325ml hot vegetable stock

Salt and pepper, to taste

Fresh herbs, to garnish

GMPro Mix-In***

(the quantity you need)

Method:

1. Peel and trim the vegetables. Cut into bite-sized pieces.
2. Heat the oil in a saucepan and stir-fry the veg for 1-2 minutes.
3. Add the Loprofin Rice to the pan and coat each grain of rice in the oil and juices.
4. Add the stock to the saucepan and stir well. Bring to the boil.
5. Reduce the heat, cover and simmer for 15-20 minutes. Stir frequently during cooking to prevent the rice sticking to the saucepan.
6. Add a little extra stock or water if the risotto becomes too dry.
7. Adjust the seasoning to taste before serving with a garnish of fresh herbs.
8. Once the risotto is made portion off the quantity you need and stir though **GMPro Mix-In** before serving.



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Serving suggestion.

MIX IT UP!

Combine the Loprofin kitchen essentials with **GMP Pro Mix-In** to prepare your favourite meals and snacks from breakfast to dinner

Pasta

- Loprofin Fusilli
- Loprofin Penne
- Loprofin Tagliatelle
- Loprofin Macaroni
- Loprofin Lasagne
- Loprofin Spaghetti
- Loprofin Animal Pasta



Egg Replacer

- Egg Replacer
- Egg White Replacer



Drinks

- Loprofin Sno-Pro
- Loprofin Drink LQ



Snacks

- Loprofin Crackers
- Loprofin Herb Crackers



All Purpose Mix

- Loprofin Mix



Cereals

- Loprofin Flakes Chocolate
- Loprofin Flakes Strawberry
- Loprofin Loops



Cake Mix

- Loprofin Cake Mix



Rice

- Loprofin Rice



FOR RECIPES AND TIPS
on how to use Nutricia's Loprofin Products

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