

**\*ProZero** is a protein-free alternative to milk suitable for use from 6 months of age. It can be used on its own as a drink, poured over permitted cereals or incorporated into recipes.

**\*\*Vitabite** is a low protein, high energy chocolate flavoured bar suitable for use from 1 year of age. It can be used in many ways - as a bar, melted, made into all sorts of shapes using novelty moulds or as an ingredient in recipes.

For further information about Fate Low Protein All-Purpose Mix visit [www.fatespecialfoods.com](http://www.fatespecialfoods.com)

# MY FIRST LOW PROTEIN FOODS

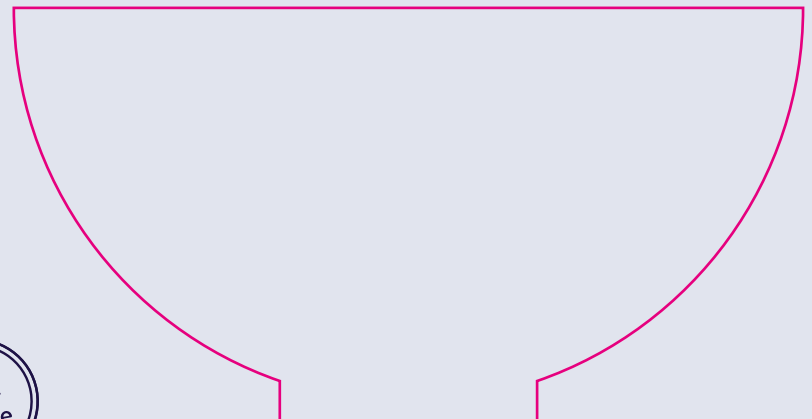


Innovation in Nutrition

A Nestlé Health Science Company

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**Always check the protein content on labels as ingredients can change.** ProZero, Vitabite and Fate Low Protein All-Purpose mix are foods for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for a low protein diet. Refer to labels for allergen and other product information.



# INTRODUCTION

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**Weaning is an exciting time for you and your little one as they start to explore a variety of new tastes and textures. As you take this journey of discovery together there may be a few tears, the occasional tantrum and lots of mess – from you and baby! But overall it will be a special time for you both to share.**

Babies usually start to wean between 4 and 6 months of age and never before 17 weeks as their little digestive systems are not mature enough. It is important to remember that every baby is different and you will be the best judge of whether your little one is ready to wean – trust your instinct and discuss it with your dietitian before you think about starting. The following signs are a good indication of when to begin:

- Baby is curious about food, reaching out to try foods the family are eating
- If he/she can remain in the sitting position and hold their head straight without support
- Demonstration of good hand-eye coordination, starting to put things in their mouth.

**To help you along the way Chef Neil and our dietitians at Vitaflo have created this handy little guide to your baby's first low protein foods. We've developed some simple recipes to match each weaning stage and of course meet their low protein dietary requirements too.**

# WEANING – STAGE 1

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Babies can't chew yet, but will move food from the front to the back of their mouth. Create a very smooth purée, aiming for the texture of double cream. It may be necessary to add water (cool-boiled if your baby is less than 6 months) or some of their usual milk to loosen the consistency at first. Start with single ingredient vegetables and then move to sweeter fruits.



stage 1



## WEANING - STAGE 2

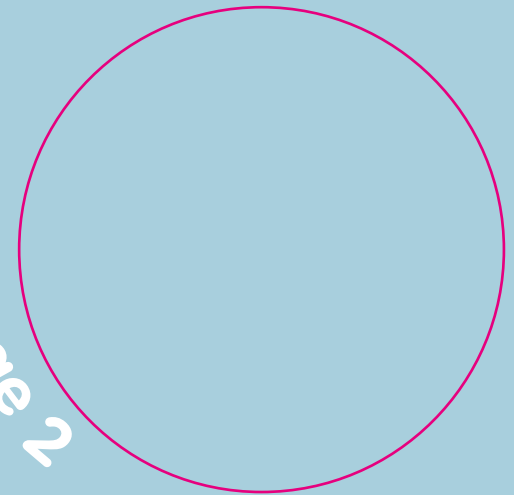
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Next up is mashed food with soft lumps, so create a lumpier purée. Put the blender to one side and mash food with a fork or potato masher instead.

As long as it's soft enough, your little one will soon learn to squash the lumps on the roof of their mouth before swallowing. You could also introduce melt in the mouth finger foods here, such as permitted soft fruit or steamed vegetables.



stage 2





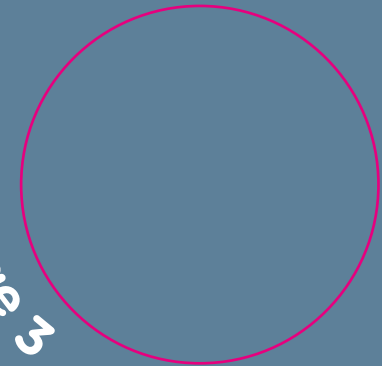
## WEANING - STAGE 3

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Now you can move your little one on to chopped up foods with lumps increasing in size. Try introducing slightly harder finger foods as well to help encourage independent feeding.



stage 3





## WEANING - STAGE 4

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Continue to introduce different foods and flavours and gradually move them on to the same meals as the rest of the family. You should be encouraging baby to feed themselves and offering a large variety of tasty, healthy meals.



## OTHER THINGS TO CONSIDER AT THIS TIME

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#### Second Stage Protein Substitute

A second stage protein substitute is also introduced during weaning, at around 6 months. Please consult your dietitian regarding the best time to start.

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#### Portion Size

For stage 1 and 2 recipes we have used ice cubes to indicate a suitable portion size. Initially you will start with one ice cube and then gradually increase the number as your baby develops.

Try not to worry about how much of the solids your baby consumes at first. At the very beginning, babies are getting all the nutrition they need from breast milk/standard infant formula and their protein substitute. At this stage you just want them to get used to the new taste and texture!

For the stage 3 and 4 recipes we have indicated the number of portions the recipe provides; each serving is a small portion suitable for one meal. Babies have a good sense of appetite – they will eat when they are hungry and refuse food when they are not.



#### Freezing Food

All recipes in this book marked with a ❄️ are suitable for freezing. Once defrosted do not refreeze.

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#### Exchanges

These are small amounts of natural protein which will start to be introduced around 6 months (1 exchange = 50mg phenylalanine/1g protein). Your dietitian will advise on when the time is right to introduce them in to your child's diet and how many exchanges they will need. All the recipes in this book are exchange free.

We have recommended ways to include exchanges in the stage 3 and 4 recipes as serving suggestions. Exchanges could be introduced with the stage 2 recipes if your dietitian has advised that your child is ready.

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#### Water

It is important that babies don't get dehydrated. For babies under 6 months, use water from the tap that has been boiled and cooled. For over 6 months, water doesn't need to be boiled. Never use mineral water as it can have high salt levels.

# WHAT YOU NEED IN YOUR WEANING KITCHEN

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- A steamer - this is a good way to preserve nutrients!\*
- A hand blender/food processor - for whizzing up foods to the right texture.
- A small sharp knife - to chop fruit and veg into small chunks.
- A potato masher - this creates bigger lumps when your little one moves on from smooth purée.
- A vegetable/potato peeler.
- A grater.
- Ice cube trays - perfect for storing portions in the freezer. Buy some freezer bags to empty the ice cube portions into for easy storage.
- Small pans - to reheat those tiny portions.
- Plastic spoons and weaning bowls.
- Bibs and baby wipes - lots of them!!

\*If you don't have a steamer you can steam fruit and veg in a steamer pan or in a normal pan by adding a small amount of water and cooking gently, being careful not to over-boil them.

# GETTING STARTED

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1. Choose a time when your little one is calm and not really hungry so they are more receptive to the introduction of something new.
2. Use a small shallow weaning spoon so they can take food off it with their lips - at a very young age, babies are not able to lick off a spoon.
3. Aim for one solid feed during the day at first - lunchtime is good, breakfast time can often be a bit chaotic, especially if there are other children in the family.
4. Don't worry about the mess! Let your little one experiment with food and be prepared for them to spit it out.
5. Consult your dietitian - they will walk you through weaning your child and how to continue to manage PKU.





# STAGE 1



# FIVE PURÉE

Parsnip



Peach & Pear



Butternut Squash  
& Sweet Potato



Melon  
& Strawberry



Red Pepper  
& Carrot



## PARSNIP

This recipe is



**Preparation Time**  
5 minutes

**Cooking Time**  
10-15 minutes

**Recipe Makes**  
4 ice cubes

### Ingredients

- 50g Parsnips, peeled & diced
- 50ml Water

### Method

1. Steam parsnips for 10-15 minutes, until soft. 2. Place parsnips in blender with 50ml of water. 3. Blend until smooth.

## BUTTERNUT SQUASH & SWEET POTATO

This recipe is



**Preparation Time**  
5-10 minutes

**Cooking Time**  
10-15 minutes

**Recipe Makes**  
6 ice cubes

### Ingredients

- 50g Butternut squash, peeled, de-seeded & diced
- 50g Sweet potato, peeled & diced
- 30ml Water

### Method

1. Steam butternut squash and sweet potato for 10-15 minutes, until soft. 2. Place cooked butternut squash and sweet potato in blender and add 30ml water. 3. Blend until smooth.



## MELON & STRAWBERRY

This recipe is 



 **Preparation Time**  
5-10 minutes

 **Recipe Makes**  
5 ice cubes

### Ingredients

- 50g Strawberries, chopped
- 20ml Water
- 60g Melon, de-seeded, skinned & diced

### Method

1. Blend together strawberries and water. 2. When smooth, sieve mixture to remove strawberry seeds. 3. Blend strawberry purée with melon until smooth.

**Top Tip:** Use watermelon, cantaloupe or honeydew melon.



## PEAR & PEACH

This recipe is 



 **Preparation Time**  
5 minutes

 **Cooking Time**  
6 minutes

 **Recipe Makes**  
6 ice cubes

### Ingredients

- 60g Pear, peeled, cored & chopped
- 50g Peach, peeled, de-stoned & chopped
- 20ml Water

### Method

1. Place chopped pear into a small saucepan, just cover with water and poach over a low heat for approx. 6 minutes. 2. Drain cooked pear. 3. Blend pear and chopped peach with 20ml of water until smooth.

## RED PEPPER & CARROT

This recipe is 



 **Preparation Time**  
5 minutes

 **Cooking Time**  
10-15 minutes

 **Recipe Makes**  
6 ice cubes

### Ingredients

- 100g Carrots, peeled & diced
- ½ Red bell pepper, de-seeded & finely chopped
- 20ml Water

### Method

1. Steam carrots and peppers for 10-15 minutes, until soft. 2. Place cooked carrots and peppers in blender with 20ml water. 3. Blend until smooth.



# STAGE 2

# BRILLIANT BLUEBERRY & BANANA WHIRL

This recipe is 



## Preparation Time

10 minutes

## Cooking Time

1 minute

## Recipe Makes

8 ice cubes

## Ingredients

- 75g Blueberries
- 50g Banana, mashed
- 30g Violife creamy original

## Method

1. Soften blueberries by adding to a microwaveable container and heat for 30-60 seconds until the juice starts to run out of them.
2. Blend softened blueberries until smooth.
3. Mix mashed banana and Violife until it reaches a smooth whipped cream texture.
4. Stir in the blended blueberries.





# CUTIE FRUITY FOOL

This recipe is



## Preparation Time

10 minutes

## Recipe Makes

12 ice cubes

## Ingredients

- 100g Peach, ripe, peeled, de-stoned & chopped
- 100g Strawberries, chopped
- 40ml ProZero\*
- 50g Banana, mashed

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## Method

1. Add peach, strawberries and ProZero into a bowl and mash until almost smooth. 2. Add mashed banana and mix until a whipped cream texture is achieved.



# EASY CHEESIE BAKED SWEET POTATO

This recipe is 



 **Preparation Time**  
5 minutes

 **Cooking Time**  
40 minutes

 **Recipe Makes**  
8 ice cubes

## Ingredients

- 100g Sweet potato
- 2g Butter
- 20g Violife creamy original
- 20ml ProZero\*

## Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6. 2. Wash and scrub the outside of sweet potato. 3. Place in oven and cook for 40 minutes or until soft. 4. Cut in half and scoop out the sweet potato flesh into a bowl. 5. Mash with butter, Violife and ProZero until soft.



# GOOEY RATATOUILLE

This recipe is



 **Preparation Time**  
10 minutes

 **Cooking Time**  
15-20 minutes

 **Recipe Makes**  
16 ice cubes



## Ingredients

- 2 tsp Oil
- 50g Onions, finely chopped
- 50g Butternut squash, peeled, de-seeded and grated
- 50g Red pepper, finely chopped and de-seeded
- 30g Mushrooms, finely chopped
- ½ Clove of garlic, crushed
- 2g Tomato purée
- Pinch of paprika
- 100g Tinned chopped tomatoes
- 50ml Water


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## Method

1. Add oil into a saucepan and heat over a medium heat.
2. Add onions, butternut squash, red peppers, mushrooms, garlic and cook for 5 minutes.
3. Add tomato purée, paprika and cook for a further 2 minutes.
4. Add chopped tomatoes and water, bring to the boil and simmer for 10 minutes.
5. When cooked mash with fork until almost smooth.



# ROCKIN' ROOT VEG

This recipe is  exchange free



 **Preparation Time**  
10 minutes

 **Cooking Time**  
15 minutes

 **Recipe Makes**  
16 ice cubes

## Ingredients

- 2 tsp Oil
- 40g Red onions, chopped
- 40g Leeks, finely chopped
- 50g Sweet potato, peeled and grated
- 60g Carrots, peeled and finely chopped
- 40g Parsnips, peeled and finely chopped
- ½ Clove of garlic
- 50ml Water
- 50ml ProZero\*



## Method

1. Place oil in saucepan and heat.
2. Add onions, leeks, sweet potato, carrots, parsnips, garlic and cook for 5 minutes.
3. Add water and ProZero, bring to the boil, then simmer for 10 minutes.
4. Once cooked, mash until almost smooth.





# STAGE 3

# BABY BAKED BUTTERNUT

This recipe is



## Preparation Time

15 minutes

## Cooking Time

1 hour 10 minutes

## Recipe Makes

6 portions

## Ingredients

- 1 Large butternut squash, cut lengthways in half & de-seeded
- 2 tsp Oil
- 100g Leek, finely chopped
- 50g Mushrooms, sliced
- 100g Courgette, finely chopped
- ¼ Clove of garlic, crushed
- 2 tsp Thyme, dried
- 100g Violife for pizza mozzarella flavour, grated

## Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6. 2. Place butternut squash in a roasting tin cut side up. 3. Score the flesh with a knife (do not pierce outer skin) and brush with 1 tsp of oil. Bake for 45 minutes until soft. 4. Meanwhile, heat remaining oil in small frying pan over a low heat, add leeks, mushrooms, courgettes, garlic and thyme and cook until soft. Place into a large bowl. 5. Once the squash is cooked, scoop out flesh and add to vegetable mixture. Using a fork mash the mixture together. 6. Place mixture back into the squash skins and sprinkle each half with 50g of Violife and bake for 15 minutes. 7. Allow to cool and divide into 6 portions.



# LOVELY LITTLE LASAGNE

This recipe is



## Preparation Time

10 minutes

## Cooking Time

50 minutes

## Recipe Makes

4 portions

## Ingredients

### Lasagne

- 1 Courgette, cut into thin lengthways strips
- 2 tsp Oil
- 20g Red Onion, finely chopped
- 20g Celery, finely chopped
- 50g Carrot, peeled & finely chopped

### Sauce

- 125ml ProZero
- 15g Butter
- 8g Cornflour
- 40g Violife for pizza mozzarella flavour, grated

## Method

**1.** Preheat oven to 200°C/fan 180°C/gas mark 6. **2.** Steam courgette strips until soft. **3.** Heat oil in a small pan, add onions, celery, carrots, sweet potato and garlic. Cook for 5 minutes. **4.** Add tomato puree, basil, and oregano cook for 2 minutes. **5.** Add tinned chopped tomatoes and water. Bring to the boil and simmer for 10 minutes. **6.** To make the sauce add ProZero, butter and cornflour into a saucepan. Place over a low heat and stir continuously until mixture becomes thick and smooth. **7.** Add half of the Violife to the sauce and stir until melted. **8.** To layer the lasagne, add a third of the vegetable mixture to an oven proof dish (5 inch x 5 inch) cover with thin strips of courgette then pour a third of the sauce on top. **9.** Repeat this twice. **10.** Sprinkle remaining Violife over top. Bake in the oven for 20 minutes.

**Serving Suggestion:** For 1 exchange serve with 25g of peas.



# KID'S CURRY AND RICE

This recipe is



## Preparation Time

10 minutes

## Cooking Time

30 minutes

## Recipe Makes

4 portions

## Ingredients

- 100g Low protein rice
- 3 tsp Oil
- 20g Red onions, finely chopped
- 40g Mushrooms, finely chopped
- 50g Carrots, peeled and finely chopped
- 50g Butternut squash, peeled, de-seeded and finely chopped
- 100g Sweet potatoes, peeled and finely chopped
- 30g Fresh coriander, finely chopped
- ½ Garlic clove, crushed
- 3g Curry powder
- 1g Tomato purée
- 100g Tinned chopped tomatoes
- 50ml Water

## Method

1. Cook low protein rice according to packet instructions. Once cooked, wash rice in cold water and drain.
2. Place oil in saucepan and heat. Add onions, mushrooms, carrots, butternut squash, sweet potatoes, coriander and garlic. Cook for 5 minutes.
3. Add in curry powder and tomato purée and cook for 1 minute.
4. Add in tinned chopped tomatoes and water. Bring to the boil and simmer for 10 minutes or until vegetables are soft.
5. Fold in cooked rice to the curry sauce.
6. Divide into 4 bowls.



# CHEEKY CHEESIE BITES

This recipe is



## Preparation Time

10 minutes

## Cooking Time

25-30 minutes

## Recipe Makes

24 bites

## Ingredients

- 200g Sweet potato, peeled & diced
- 100g Violife for pizza mozzarella flavour, grated

## Topping

- 20g Violife for pizza mozzarella flavour, grated
- Pinch of Oregano, dried

## Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Steam sweet potato (for approx. 15 minutes) until you can pierce with a fork but still too tough to eat.
3. Add sweet potato into a bowl and mash with a fork to create a chunky texture. Add 100g of grated Violife and mix together.
4. Using your hands roll mixture into 24 small balls, and lightly coat each ball in grated Violife and oregano.
5. Place bites on a baking tray (lined with baking parchment) and cook in oven for 12-15 minutes, turning them at least once so they cook evenly.
6. Remove from oven and allow to cool.



# SO SIMPLE SUMMER FRUIT CRUMBLE

This recipe is 



 **Preparation Time**  
10 minutes

 **Cooking Time**  
25-30 minutes

 **Recipe Makes**  
6 portions

 **Equipment Recommended**  
8 inch x 8 inch baking dish

## Ingredients

### Crumble

- 50g Butter (at room temperature)
- 10g Brown sugar (optional)
- 130g Fate low protein all-purpose mix

### Filling

- 150g Raspberries, chopped
- 150g Blueberries

## Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Place butter, brown sugar and Fate low protein all-purpose mix in a large bowl. Rub together with your fingertips until you get a crumbly texture.
3. Place raspberries and blueberries into the baking dish and cover with crumble mixture.
4. Bake in oven for 25-30 minutes or until golden brown.

**Serving Suggestion:** Enjoy with low protein custard or ice cream. Refer to [www.vitafriendspku.com](http://www.vitafriendspku.com) for recipes!





STAGE

4





# JOLLY JACKET WITH VEGGIE CHILLI

This recipe is



## Preparation Time

15 minutes

## Cooking Time

45 minutes

## Recipe Makes

3 portions of chilli

## Ingredients

- 1 Sweet potato, small
- 3 tsp Oil
- 20g Red onions, chopped
- 50g Mushrooms, chopped
- 100g Carrots, peeled and chopped
- 100g Butternut squash, peeled, de-seeded and chopped
- ½ Garlic clove, crushed
- 1g Tomato purée
- 1g Mild chilli powder
- 100g Tinned chopped tomatoes
- 50ml Water
- 40g Violife for pizza mozzarella flavour, grated

## Method

1. Preheat oven to 200°C/ fan 180°C/gas mark 6.
2. Wash and scrub sweet potato. Roast in the oven for 30 minutes until cooked.
3. Heat oil in a saucepan, add onions, mushrooms, carrots, butternut squash, and garlic and cook for 5 minutes.
4. Add tomato purée and chilli powder and cook for a further minute.
5. Add tinned chopped tomatoes and water, bring to the boil and simmer for 10 minutes until soft.
6. Cut sweet potato in half and top with chilli.
7. Sprinkle with Violife.

**Top Tip:** Use the leftover chilli with low protein rice for another meal.





# MINI BANANA FRITTERS

This recipe is



## Preparation Time

5 minutes

## Cooking Time

10 minutes

## Recipe Makes

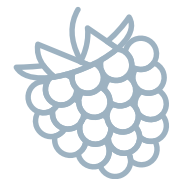
14 mini fritters

## Ingredients

- 40g Fate low protein all-purpose mix
- ¼ tsp of baking powder
- 10g Butter, cold, cubed
- 70ml ProZero\*
- 120g Banana, sliced into 14 pieces
- 300ml Oil

## Method

1. Add Fate low protein all-purpose mix, baking powder and butter into a bowl. Rub together with your fingertips until you get sand like texture. 2. Add ProZero and using a whisk or electric mixer whisk until a smooth thick batter has formed. 3. Heat the oil in a small saucepan. 4. Dip the banana pieces into the batter to coat, and shake off any excess. 5. Using a spoon, carefully place the banana pieces into the hot oil and deep fry for 3-4 minutes, until crisp and golden-brown. 6. Remove from the oil with a slotted spoon and drain on kitchen paper.



**Top Tip:** To shallow fry the fritters, reduce oil to 20ml and use a non-stick frying pan.

**Serving Suggestion:** Serve with KoKo dairy free yogurt or drizzle with melted Vitabite\*\*.

# PANCAKES

This recipe is



**Preparation Time**  
10 minutes

**Cooking Time**  
3-4 minutes

**Recipe Makes**  
3 small pancakes

## Ingredients

- 50g Fate low protein all-purpose mix
- ¼ tsp Baking powder
- 10g Butter, cold, cubed
- 70ml ProZero\*
- 1 tsp Oil

## Method

1. Place Fate low protein all-purpose mix, baking powder, baking soda and butter into a bowl. Rub together with your fingertips until you get sand like texture. 2. Using a whisk or electric mixer add ProZero to the dry mixture until a smooth batter is formed. 3. Heat a non-stick pan over a medium heat for 1 minute. Brush pan with oil. 4. Ladle or spoon a third of the batter into the pan. Cook for 1-2 minutes, flip pancake and cook for a further 1-2 minutes until golden. Repeat with the remaining batter.

**Serving Suggestion:** Great topped with permitted fruits. For savoury pancakes serve with Violife creamy original.





# PIZZA WHEELS

This recipe is



## Preparation Time

40 minutes

## Cooking Time

15-20 minutes

## Recipe Makes

16 pizza wheels

## Ingredients

- 200ml Warm water
- 3g Psyllium husk
- 4g Dried yeast
- 2 tsp Oil
- 220g Fate low protein all-purpose mix (plus extra for dusting)
- 1 tsp Tomato purée
- 50g Passata
- 80g Peppers, finely chopped
- 50g Mushrooms, chopped
- 80g Onion, finely chopped
- 80g Violife for pizza mozzarella flavour, grated
- 2 tsp of Italian mixed herbs

## Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Place warm water, psyllium husk, yeast and oil in a bowl, stir and allow to stand for 10 minutes until mixture thickens.
3. Meanwhile, place Fate low protein all-purpose mix, tomato purée and 1 tsp of mixed herbs in another bowl and mix together.
4. Add psyllium husk mixture to the bowl and using your hands, mix until a dough is formed. Knead dough for 3-5 minutes in the bowl.
5. Leave dough to rest/prove for 20 minutes.
6. Divide dough into 2 equal pieces, sprinkle Fate low protein all-purpose mix onto each piece.
7. To make 2 square pizza bases, dust the bench with Fate low protein all-purpose mix, rolling each piece of dough 8 inches x 8 inches (20cm x 20cm).
8. Cover each base with 25g of pasatta sauce, leaving a 1cm border around the edges and add the toppings - pepper, mushroom, onions, Violife and herbs.
9. Roll the bases as tightly as possible lengthways to make 2 pizza rolls/sausage shapes and then place on baking tray.
10. Bake for 15-20 minutes or until golden brown.
11. Allow to cool and then cut each roll into 8 slices.

**Serving Suggestion:** For 2 exchanges serve with 40g of baked beans.

# SCRUMMY SHORTBREAD

This recipe is



## Preparation Time

10 minutes

## Cooking Time

20-25 minutes

## Recipe Makes

12 bite size pieces

## Equipment

### Recommended

5cm/2inch circle or star shaped cutter

## Ingredients

- 40g Butter
- 10g Caster sugar
- 110g Fate low protein all-purpose mix (plus extra for dusting)
- 25ml Water, cold

## Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6. 2. Place butter, caster sugar and Fate low protein all-purpose mix into a mixing bowl. 3. Mix and knead mixture until it binds together (add water as needed to form a manageable dough). 4. Transfer to a surface lightly dusted with Fate low protein all-purpose mix, and continue to knead until smooth. 5. Roll dough to a thickness of ½ a centimetre, cut into 12 pieces (using a small cutter mould) and place onto a lightly greased baking tray. 6. Cook for 20-25 minutes, until golden in colour. 7. Remove from oven and cool on wire rack.

**Serving Suggestion:** For coated shortbread, once baked dip pieces into melted Vitabite\*\* and leave to set.

**Top Tip:** Add ¼ tsp of cinnamon for added flavour.



