

TASTE CONNECTIONS MULTI-BAKING MIX

Recipes from Taste Connection.com

An all-purpose low-protein baking mix that can be used to make pancakes, tortillas, bread, pizza shells, cookies, etc. This mix can be used in place of flour in such recipes

Taste Connections Tortillas

Ingredients

TC Multi-baking mix	2 ½ cups
Taco seasoning (optional)	½ tsp
Water	½ - ¾ cup (enough to make dough)

Directions

1. Combine the baking mix and the seasoning in a bowl; add enough water to make a stiff dough.
2. Knead for 3 - 5 minutes to be soft enough to roll into circles.
3. Divide the dough into 12 equal parts.
4. Using a rolling pin roll each ball into a thin tortilla (dusting baking mix so that the dough doesn't stick), approximately measuring 8 inches in diameter.
5. Heat a griddle or a frying pan and cook one tortilla at a time. Place one rolled tortilla on the hot pan and cook for 30 seconds on one side.
6. Turn it to the other side and cook on the other side until small bubbles appear on the surface.
7. Repeat the cooking and turning processes until both the sides of the tortilla are covered with small bubbles that indicate the tortilla is cooked.
8. Remove from the pan and spread the cooked tortilla with melted margarine or vegetable oil keep it covered in a cloth towel or a tortilla warmer.
9. Cook all the tortillas similarly and keep them wrapped in a cloth towel. Makes 12 tortillas.

The tortilla can be cooked in an electric tortilla press or flatbread maker

NUTRIENT INFORMATION:

	KCAL	PROTgm	PHEmg	METmg	LEUmg
Per Recipe	1050	0.9	27.5	5.8	50
Per tortilla	87.5	0.08	2.3	0.5	4.2

Taste Connections Pancakes

Ingredients

TC Multi-baking mix	1 cup
Baking powder	½ tsp
Applesauce	¼ cup
Non-dairy creamer	½ cup
Water	To mix

Directions

1. Combine together the baking mix and the baking powder.
2. Add applesauce, non-dairy liquid and the dry ingredients in a blender and blend well.
3. While the blender is running add water as needed to make thick pancake batter.
4. Spread ¼ cup batter in a buttered and heated frying pan. Cook both sides of the pancake until golden. Serve with syrup and non-dairy whipped topping.

Makes 6 pancakes

NUTRIENT INFORMATION:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	653	0.79	34	13	66
Per pancake	108	0.13	5	2	10

Taste Connections Chocolate Chip Cookies

Ingredients

TC Multi-baking mix	2 ¼ cups (260 grams)
Butter or margarine	½ cup (1 stick)
Vanilla instant pudding mix	1 package (3.5 oz)
Baking powder	1 ½ tsp
Brown sugar	½ cup – ¾ cup firmly packed
Vanilla	1 tsp
Chocolate chips, semi-sweet	¼ cup (38 grams)
Water	To make stiff dough

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a bowl measure the baking mix baking powder, add instant pudding mix and mix well with a wire whisk.
3. Spoon brown sugar into a mixing bowl, add margarine or butter, vanilla, and beat well until fluffy.
4. Add the dry ingredients and mix thoroughly.
5. Add water slowly until you get stiff dough*.
6. Mix in the chocolate chips to the mixture.
7. Roll into walnut size balls, place on ungreased cookie sheet 2 inches apart.
8. Bake for 12 - 15 min. Makes 2 dozen cookies

Hint: * Add water slowly until you get really stiff dough. If it is too stiff to form the dough add extra water, ½ teaspoon at a time until you get the right consistency. Using an electric mixer speeds up the beating process.

Variation: You can also make pressed cookies if you don't mix the chocolate chips to the dough and use the plain dough in a cookie press. It makes 60- 75 pressed cookies if made in a press. You can add chocolate chips for each cookie after pressing the shape. The protein value decreases considerably if you use cookie press without the chocolate chips.

NUTRIENT INFORMATION:

	kcal	prot	phe	met	leu
per recipe (with Choc. Chip)	2774	4.03	207	56	313
per cookie (hand rolled - 24)	115	0.17	8	2.3	13.04
per recipe (without choc chip)	2468	1.34	77	28.5	149
per cookie (hand rolled - 24)	102.8	0.06	3.2	1.2	6.2
per cookie (pressed cookie- 60)	41	0.02	1.3	0.5	2.5

Taste Connections Apple Chunk-Cinnamon Cookies

Ingredients

TC Multi-baking mix	2 ¼ cups (260 grams)
Butter or margarine	½ cup (1 stick)
Vanilla instant pudding mix	1 package (3.5 oz)
Baking powder	1 ½ tsp
Brown sugar	½ cup – ¾ cup firmly packed
Dried Cinnamon	1 tsp
Dried Apple (Chopped into small pieces)	100 gm
Water	To make stiff dough

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a bowl measure the baking mix baking powder, add instant pudding mix and mix well with a wire whisk.
- Spoon brown sugar into a mixing bowl, add margarine or butter, cinnamon and beat well until fluffy.
- Add the dry ingredients and mix thoroughly.
- Add water slowly until you get a stiff dough*.
- Mix in the apple chunks to the mixture.
- Roll into walnut size balls, place on ungreased cookie sheet 2 inches apart.
- Bake for 12 - 15 min.

Makes 2 dozen cookies

Hint: * Add water slowly until you get really stiff dough. If it is too stiff to form the dough add extra water, ½ teaspoon at a time until you get the right consistency. Using an electric mixer speeds up the beating process.

NUTRIENT INFORMATION:

	kcal	prot	phe	met	leu
per recipe	2468	1.34	83	29	164
per cookie (hand rolled - 24)	102.8	0.06	3.5	1.2	6.8
per cookie (pressed cookie- 60)	41	0.02	1.4	0.5	2.7

APPLE STREUSEL BARS

Ingredients

- 1 ¼ cup sugar cookies crumbs
- 1 ¼ cup TC- Multi-baking mix
- ¾ cup packed brown sugar, divided
- ¼ cup granulated sugar
- 1 tsp ground cinnamon
- ½ cup margarine or butter melted
- 2 cups chopped apples (about 2 medium apples)
- Glaze from recipe below

Preheat oven to 350 F. Grease a 13x9 baking pan. Combine the cookie crumbs, baking mix, ½ cup brown sugar, ¼ cup sugar and cinnamon in a large bowl. Stir in the melted butter. Reserving 1 cup of this mixture, press the rest of the crumb mixture in a prepared pan.

Bake for 5-7 minutes until set. Mix apples with the remaining ¼ cup brown sugar and arrange over the baked crust. Sprinkle the reserved crumb on top of the apples. Bake for 20-30 minutes more or until apples are cooked through. Cool in pan and drizzle glaze on top. Cut into bars.

GLAZE:

Combine ½ cup confectioners sugar and 1 Tbs lemon juice in a small bowl until well combined.

LOW PROTEIN REFRIED BEANS:

2 cups grated zucchini OR Chayote squash	1 tbs olive oil
1/2 cup finely chopped onion	1 tsp taco seasoning
1/4 tsp salt	¼ cup tomato sauce

Heat the oil in a pan and fry the onions until glassy looking. Add the grated zucchini and fry for few more minutes. Add the salt, the taco seasoning and the tomato sauce. Cover and cook on a low heat until the zucchini is soft. Serves 15 tablespoons

NUTRITIONAL INFORMATION :

	PROTEIN (gms)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)	CALORIES
per recipe	3.24	46	93	175	205
per serving	0.22	3	6	11	13.7

Taste Connections “Chicken” Nuggets

Ingredients

Onions, red, chopped fine	25 grams
Carrots, grated	25 grams
Cucumber, peeled and grated	100 grams
Flat-leaf parsley or cilantro, chopped	¼ tsp
Ground Cumin or fennel or chicken flavored vegetarian stock powder	1/8 tsp
Turmeric powder	Pinch (1/8 tsp) adds color
Chili powder	Pinch (optional)
Salt	To taste (TC mix has salt, so use sparingly)
Taste Connections Multi Baking Mix	¾ - 1 cup
Vegetable or Canola oil	To fry

Directions

Combine all prepared vegetables, spices, salt together until everything is well-blended. Do not squeeze out the water that is in the vegetables. (You are going to use the water from the vegetables to make the batter. This makes the nuggets stay really crispy for a very long time). Add enough oil to a small saucepan or other frying pan about 2 inches in depth in order to fry the nuggets. Heat the oil to 375°F.

Heat the oil. In a mixing bowl add the baking mix. Add the vegetables (with the water that is being released from the vegetables) a little at a time. Make a stiff mass which is just moist and not too runny. **DON'T SHAPE THE NUGGET BATTER.** Pick up a tablespoon of the mixture and drop into the hot oil. Add as many of these nuggets at a time that the pan can hold without crowding too much. Fry until golden brown and drain in paper towel. Serve with ketchup, hot sauce or any of your favorite dipping sauces.

Tips:

- Shaping the batter doesn't allow steam to escape while the nuggets are cooking in oil. They may not cook in the inside properly or they may try to split while cooking in oil.
- Drop rough lumps in oil to get even cooking.
- You can cook in small batches to make the batter not too runny. Prepare the vegetables in a bowl. Mix the batter in a separate bowl by taking small amounts of baking mix and adding enough vegetable mixture.
- Adding various spices make the nuggets taste different. You can add taco seasoning or ground black pepper or other spices according to your taste

NUTRIENT INFORMATION: FOR THE WHOLE RECIPE

	PROTEIN (gms)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)
recipe with zucchini	1.44	17.9	45.04	70.8
With cucumber	1.25	13.4	36.02	55.05
With Chayote	1.26	11.5	47.12	74.3

PEROGI

Water	1 cup
TC- Multi-Baking Mix	1 cup
Vegetable oil	1 Tbs
Butter	1 Tbs (For frying after steaming)
Chopped onion	For flavor

In a small combine, the water, vegetable oil and heat until comes to boil. Add all the mix at once stirring vigorously. Once it comes together as a dough, take of the heat. Let cool until it can be handled. Knead the dough until soft and smooth. Pinch a golf ball sized dough and hand shape into a circle. Fill with any favorite filling and steam for 5- minutes.

Heat 1 Tbs butter in a fry pan and add the chopped onion and fry until transparent. Add the steamed perogis and fry on each side for a minutes until coated with butter mixture. Serve warm. Serves 5

FOR THE DOUGH

	PROTEIN (gms)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)	CALORIES
per recipe	0.44	9.5	28	51	809
per Perogi	0.08	1.9	5.6	10.2	161.8

CABBAGE STUFFING:

3/4 pound sauerkraut
 2-3 Tbsp oil
 1 onion, minced
 2 Tbsp dried black mushrooms, softened
 salt and pepper to taste

Saute onion in oil or bacon fat until transparent. Add mushrooms, sauerkraut, and fry until some of the sauerkraut becomes golden brown. Season to taste with salt and pepper.

ASSEMBLING PIEROGI:

Take one square of dough and place one teaspoon of filling in center. Fold and pinch to seal. Cook in boiling water with a little oil until they rise to the surface. Drain and cool on waxed paper. (At this point the pierogi can be refrigerated or frozen.) When ready to serve, fry pierogi with onions until golden brown and serve with melted butter or sour cream.



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