

## LOW PRO PANCAKES, WAFFLES, CORN BREAD, CREPES, CAKES

Recipes from Taste Connection.com

**Taste Connections® TC- VERSA MIX** [A versatile low-protein baking mix](#)

### PANCAKES:

TC- Versa Mix	1 cup (100 gm)
Apple sauce	1/3 cup (100 gm)
Vanilla	½ tsp
Vegetable oil	1 tsp
Water (or club soda)	To mix

Mix all the ingredients except the water. Mix well until all ingredients are combined thoroughly. Add enough water ( 2 Tbs or more) to make a thick pancake batter. Mix well until you have a smooth batter. Let rest for 5 minutes. Spray some “non-stick” oil such as Pam® on a frying pan and pour batter on . (the recipe will make 4-inch pancakes) Let cook on one side for a minute or so until it browns slightly. Turn to other side and cook until it browns.

Makes 4-6 pancakes. Use the same mixture in a waffle iron to make waffles.

### NUTRIENT INFORMATION:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	557	0.5	28.1	6.2	39
Per Pancake (4)	139	0.12	7	1.5	10
Per Pancake (6)	92.8	0.08	4.5	1	6.5

### **VARIATION:**

#### BLUEBERRY PANCAKES

You can add ¼ cup fresh or frozen blueberries to the batter and proceed as above.

### NUTRIENT INFORMATION: (with frozen blueberries)

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	604	0.73	36.1	10	52
Per Pancake (4)	151	0.18	9	2.5	13
Per pancake (6)	100	0.12	6	1.7	9

### NUTRIENT INFORMATION: (with fresh blueberries)

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	577	0.75	37	10	53
Per Pancake (4)	144	0.19	9	2.5	13
Per Pancake (6)	96	0.13	6	1.7	9

### MAPLE-APPLESAUCE PANCAKES:

Makes 8 pancakes.

TC- Versa Mix	2 ¼ cups (275 gm)
Cornmeal	1 Tbs
Ground cinnamon	½ tsp
Apple sauce	¼ cup
Maple syrup	2 Tbs
Apple cider vinegar	½ tsp
Vanilla	½ tsp
Water or club soda	1-1 ½ cups to make the batter

Mix the dry ingredients together in a bowl. Mix applesauce, maple syrup, vinegar, vanilla and 1 cup of water or club soda together and add to the dry ingredients beating well to make a smooth batter. If it doesn't have batter consistency add ½ cup more water or club soda to make it into a pancake batter. Make the pancakes on a buttered or oil sprayed fry pan.

**NUTRIENT INFORMATION FOR THE WHOLE RECIPE:**

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe (8-10 pancakes)	1030	1.6	65	22	147

**BREAKFAST BLUEBERRY CAKES:**

TC- Versa Mix	1 ½ cups (165 gm)
Brown sugar	1/3 Cup (67 gm)
Instant Oats	1 T
Vanilla	½ tsp
Apple sauce	1/4 cup (75 gm)
Vegetable oil	1 tsp
Water or club soda	¾ cup
Blueberries, fresh or frozen	1 cup

Preheat oven to 400 degrees F. In medium mixing bowl combine TC-Versa mix, oats, and sugar. In another bowl, combine vanilla, applesauce oil and Water/ or club soda. Pour this wet mixture into the dry mixture all at once. Stir and mix well to a smooth batter. Fold in the blueberries, spoon batter into a non-stick 8 x 8 baking pan. Bake 20 – 25 minutes, cool on rack 5 - 10 minutes, serve warm. \*\*\*Even though this is called breakfast cake, it is very yummy at any time of the day. Moist and chewy!!!

Nutrition information is given for the whole cake and the information for each piece depends on how many pieces you cut the cake into.

**NUTRIENT INFORMATION FOR THE WHOLE CAKE:**

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	905	2.8	103	38	172

**TC- VERSA MIX CORN MUFFINS/BREAD**

TC- Versa Mix	1 ¼ cup (140 gm) sifted
Corn meal	1 Tbs (8 g)
Brown Sugar	2 Tbs (30 g)
Butter (melted)	2 Tbs
Vegetable oil	1 Tbs
Cream-Style Corn	¼ Cup (40 gm)
Water	2 – 3 Tbs (To mix)

Heat oven to 375 °F. Spray “non-stick” oil such as Pam® or grease mini-muffin pans. Sift the Versa mix to remove any lumps. Mix all the ingredients except the water combining thoroughly. Add enough water (2 Tbs or more) and beat well with a spoon until you have a smooth batter. Pour batter 2/3 full in each greased muffin cup. Bake for 10-12 minutes. (If needed it can be baked for a minute or two longer). Makes 12 mini muffins.

**NUTRIENT INFORMATION FOR MUFFINS:**

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe (12)	920	1.9	93	38	246
Per Muffin	77	0.16	8	3.2	20.5

**CORN BREAD**

The above batter can be spread in a greased 8-inch square baking pan and baked for 15-20 minutes or until when a cake tester inserted comes out clean. Cut into squares and serve. Nutrition information for each square of the cornbread changes with the number of squares cut.

**NUTRIENT INFORMATION FOR THE WHOLE BREAD:**

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	920	1.9	93	38	246

PIZZELLE- Ice-cream cones

2 ½ cups (260 gm) TC-Versa Mix	1 packet (96 gm) vanilla (or lemon) flavored instant pie and pudding mix
½ cup(100 gm) brown sugar tightly packed	1 tsp vanilla or anise or lemon extract
2 Tbs butter, melted and cooled (do not use oil)	1 tsp - grated rind from lemon
Enough water to make drop batter consistency	

Beat melted butter and flavoring. Then gradually add sugar, beating until mixture has a smooth consistency. Sift TC-versa mix and the instant pie and pudding mix; add to butter mixture. Continue mixing until smooth batter results adding water 1 tablespoon at a time. Resulting dough should have consistency that is sticky enough to spoon-drop onto pizzelle plates. Heat the pizzelle iron (until the light goes off if using electric)\*. The best way to decide how much batter you should use for each cookie is by trial and error. Drop 1 tablespoon or more of the batter on the iron. Bake pizzelle for 90 seconds or until golden brown, checking every 30 seconds to monitor progress. Remove carefully with a fork and cool flat, or roll into cones while warm. They will crisp up as they cool.

These make great Cannoli shells too. When you remove the pizzelles from the iron fold (around cannoli tubes for perfect shape) and pinch the edges.

Cool and fill with whipped non-dairy cream.

Makes approx 30 pizzelle.

**\*Tip:** Spray non-stick oil on the iron before baking (even for non-stick surface) to let the pizzelles come out without much effort.

**NUTRITION INFORMATION FOR THE BATTER**

	PROTEIN (gms)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)	CALORIES
per recipe	1.1	16	50	119	1316
per pizzelle (30)	0.04	0.5	1.7	4	43.9

### HERB CREPES:

TC- Versa Mix (sifted)	½ cup (50 gm)
Herbs such as Cilantro, mint, parsley	1 Tbs
Tomato sauce	1 Tbs
Vegetable oil	1 Tbs
Water	1/3 cup or more to make batter

Place all the ingredients with 1/3 cup of water in a blender or food processor. Process for 20-30 seconds. Scrape down the sides and blend for few more minutes. Add more water (2 Tbs at a time) mix well until you have a smooth batter. Spray some “non-stick” oil such as Pam® on a frying pan. Pour ¼ cup of batter and using the back of a spoon spread the batter into a thin round crepe. Let cook on one side for a minute or so until it browns slightly. Turn to other side and cook until it browns. Use your favorite filling (vegetable filling recipe options below). You can serve the filled crepe with the sauce on the side(optional, recipe below).

***Makes 3-4 crepes.***

### NUTRIENT INFORMATION FOR THE CREPES ONLY:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	225	0.5	12	3	25
Per crepe	56	0.13	3	0.8	6.13

### CURRIED VEGETABLE FILLING:

Potatoes (cooked without skin and chopped)	225 gm (2 medium )
Red Onion (Chopped)	100 gm (2/3 cup)
Green pepper (chopped)	75 gm (3/4 cup)
Green beans (sliced, frozen & boiled)	70 gm (½ cup)
Cabbage (Shredded)	100 gm (1 ½ cups)
Salt	½ - 1tsp or to taste
Curry powder	½ tsp or to taste
Oil (Canola or other vegetable oil)	1 tsp to fry onion
Oil (Canola or other vegetable oil)	About 2 cups to fry the pastries

### **To Prepare the FILLING:**

1. Heat 1 tsp oil in a pan and fry the onions until glassy.
2. Add all the prepared vegetables and the seasonings and sauté until the flavors are mixed well.
3. Turn off the heat and let cool completely.

**NUTRITIONAL INFORMATION FOR THE FILLING:**

ITEM	PRO	MET	PHE	LEU	ISO	VAL	THR	KCAL
Per Recipe	8.4	116	325	472	350	410	303	303
Per Tbs(24)	0.35	5	13.5	20	14.6	17	12.6	12.6

**TZATZIKI**

This is a great side dish that can be eaten with tortillas or crepes in a combo dish like Combo burritos to add variety and spice. This is similar to Indian yogurt cooler dish called Raita but this has sour cream to substitute yogurt and hence is lower in protein.

**INGREDIENTS:**

1 cup cucumber, finely grated	1/4 cup Mocha Mix or other non-dairy creamer
1 tbs mint finely chopped	2 tbs sour cream
1 clove garlic finely minced	1 tbs olive oil
1/4 tsp or less salt ( to your preference)	1 tsp or less ground black pepper or red pepper flakes, optional
1 tsp lemon or lime juice	

Mix together grated cucumber, chopped mint, and garlic in a bowl. Beat the lemon or lime juice, mocha mix, olive oil and the sour cream together until well blended. Season with salt and pepper and add it to the cucumber mixture. Mix everything thoroughly, and leave it in the fridge for 30 minutes to an hour. Use it as a sauce for stuffed tortillas or crepes.

**Serves 8 portions.**

	PROTEIN (gm)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)	CALORIES
per recipe ( 8 Servings)	1.6	29	70	121	283
per serving	0.2	3.6	9	15	35

**PREPARATION : 10 MINUTES**

**CABBAGE-APPLE FILLING WITH LEMON SAUCE:**

2 Tbs Vegetable oil	½ cup (80 gm) onion, chopped
1/8 head cabbage, (100 gm- 1 ½ cups)	1 medium apple peeled and grated (125 gm)
½ medium grated carrot (35 gm)	1 tsp dried herb such as dill or parsley
½ cup water	Salt and pepper to season

Sauté onion in oil until transparent. Add cabbage, apple, carrots, and herbs. Fry until some of the cabbage becomes golden brown. Add water and season to taste with salt and pepper. Bring to boil, cover and cook on low for 5-8 minutes while making the sauce. Remove cover and let the water evaporate. Fill crepes with 2 Tbs of the filling, fold and top with the sauce.

**NUTRITION INFORMATION FOR THE WHOLE VEGETABLE FILLING:**

	PROTEIN (gms)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)	CALORIES
Whole recipe	3	29	89	138	123

**LEMON SAUCE:**

3 Tbs Butter	2 tsp sugar
1 tsp corn starch	3 Tbs lemon juice +zest from ½ lemon
¼ cup non-dairy creamer + ¼ cup water	Salt and pepper

Melt butter in a small saucepan, add the corn starch and cook until butter and the starch is well mixed. Add the non-dairy creamer, water and sugar. Cook on low heat until mixture thickens. Remove from heat and add the lemon juice and the zest. Season.

**NUTRITION INFORMATION FOR THE LEMON SAUCE:**

	PROTEIN (gms)	METHIONINE (mg)	PHENYLALANINE (mg)	LEUCINE (mg)	CALORIES
Whole recipe	0.4	11	50	84	434

**DESSERT CREPES:**

**SWEET CREPES:**

TC- Versa Mix (sifted)	½ cup (50 gm)
Vanilla + Orange flavoring	1 tsp + ¼ tsp
Apple sauce	¼ cup
Brown sugar	2 Tbs
Melted butter or Vegetable oil	1 Tbs
Water	¼ cup or more to make batter

Place all the ingredients with 3/4 cup of water in a blender or food processor. Process for 20-30 seconds. Scrape down the sides and blend for few more minutes. Add more water (2 Tbs at a time) mix well until you have a smooth batter. Spray some “non-stick” oil such as Pam® on a frying pan. Pour ¼ cup of batter and using the back of a spoon spread the batter into a thin round crepe. Let cook on one side for a minute or so until it browns slightly. Turn to other side and cook until it browns. Use your favorite filling. Canned apple-pie filling works great and is low in protein.

Nutrient Information For The Crepes Only:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	270	0.6	15	4	31
Per crepe	68	0.15	3.8	1	8

**APPLE-PIE FILLING:**

**Canned apple-pie filling works great as a sweet filling.**

Nutrient Information For The Canned Apple-Pie Filling Only:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per 1/8 can (74 gm)	75	0.1	1	1	4

**BANANA-CREAM PIE FILLING:**

Banana cream flavored instant pie and pudding mix can be used to make pudding with preferred non-dairy creamer. Mix in ½ packet of the pudding mix with ¼ cup of non-dairy creamer of your choice, + enough water ( ½ – ¾ cup) to make pudding consistency. Whisk with a fork or an electric mixer for 2 minutes. Add ¼ sliced very ripe banana into the pudding. Use it to fill the crepes.

NUTRIENT INFORMATION:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Non-dairy creamer (1 Tbs)	20	0.0	8	2	13
Banana ( ¼ med) (30 gm)	76	0.3	11	3	20

**PARTY SNACKS**

- 2 cups low protein cereal (SHS)
- 1 cup low protein pretzels broken into pieces
- 1 cup popped tapioca pearls
- 1 Tbs butter
- 1 tsp honey or sugar
- a pinch cayenne
- a pinch garlic powder

a pinch cumin, a pinch cinnamon, ½ tsp salt

Preheat oven to 300 deg F. Melt butter in a pan add all ingredients except the cereal, tapioca pearls and pretzels. Mix thoroughly before pouring on top of the cereal mixture. Toss well to coat and bake for 3-5 minutes.

### Peppermint Ice Cream

Ingredients:

- 2 cups Rich's Coffee Rich      Two 8 ounce cartons liquid Rich's Richwhip Topping
- 3/4 cup granulated sugar      2 to 3 teaspoons vanilla
- 1/8 teaspoon salt                3 drops of red food coloring
- 1/2 cup crushed peppermint candy

Mix all ingredients in can of a 2 quart ice cream freezer.

Stir briefly until sugar dissolves.

Freeze according to ice cream freezer manufacturer's instructions.

Transfer ice cream to a plastic freezer container and freeze until firm. Yield: 6 cups

	Phe (mg)	Pro (g)	Calories
Per recipe	88	1.4	2933
Per 1/2 cup serving	7	0.1	226

Note: You may need to adjust (e.g. half) ingredient amounts for smaller machines.

From "Low Protein Cookery for PKU" By Virginia Schuett

### SORBET: BASIC SUGAR SYRUP

Granulated sugar	1 ¼ pounds (570 gm)
Water	2 ½ cups

In a saucepan, mix sugar and water and heat while whisking until the sugar dissolves completely. Heat to boiling for 2 minutes and cool. Refrigerate until use.

### LEMON SORBET

Lemon juice	¼ cup
Basic sugar syrup (chilled)	1/3 cup
Water	1/3 cup
Lemon extract (optional)	2-3 drops

In a bowl mix together all the above ingredients and place in the refrigerator for 1 hour or in the freezer for 15-25 minutes until the mixture is thoroughly chilled. Pour the chilled mixture in an ice-cream machine and freeze according to the manufacturer's instructions. Using an ice-cream machine makes the sorbet creamy and light. OR

Pour the lemon juice and other ingredients in a metal container and place it in the freezer for 1-2 hours until partially set. Take it out and using a fork whisk the partially frozen sorbet. This makes the sorbet less gritty. Refreeze it until completely set (usually overnight works the best).

**Total Protein for the recipe is 0.1 gm.** Both protein and amino acid content are negligible. The whole serving has 150 KCAL. Serves 4-6.

### STRAWBERRY SORBET

Fresh strawberries	½ pound (225 gm)
Lemon juice	1 tsp
Basic sugar syrup (chilled)	¾ cup
Vanilla	1/8 tsp

Wash and blend the strawberries to a smooth puree. If preferred, strain through a sieve to remove the seeds. Mix with the other ingredients and chill as the previous recipe and proceed as above to make the sorbet.

Serves 6-8.

#### NUTRIENT INFORMATION FOR THE WHOLE RECIPE:

	Kcal	Pro(gm)	PHE(mg)	MET(mg)	LEU(mg)
Per Recipe	400	1.35	40	1.5	70



[www.tasteconnections.com](http://www.tasteconnections.com)

[www.lowprotein.com](http://www.lowprotein.com) [lopro@webuniverse.net](mailto:lopro@webuniverse.net)