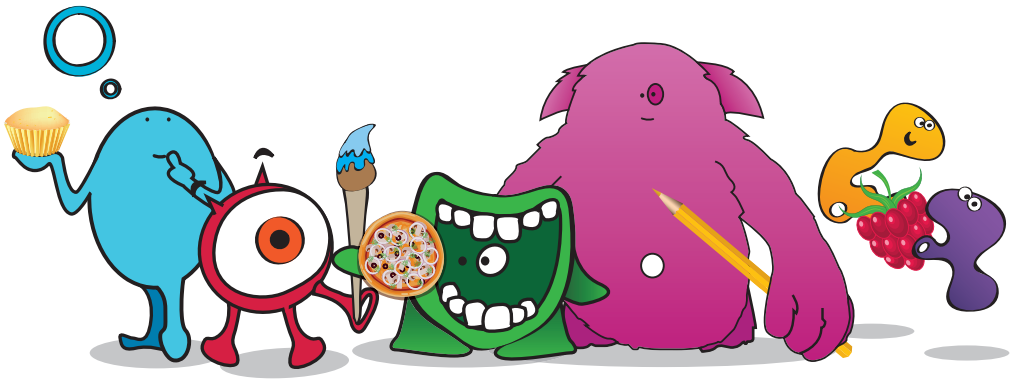
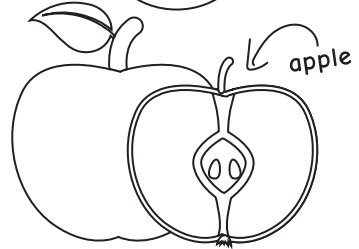
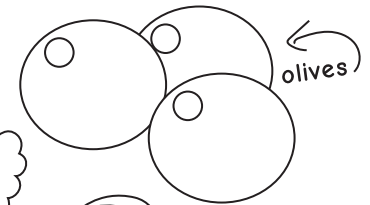
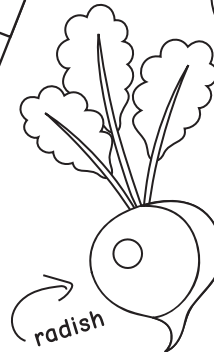
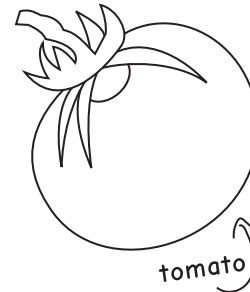
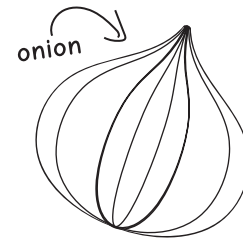
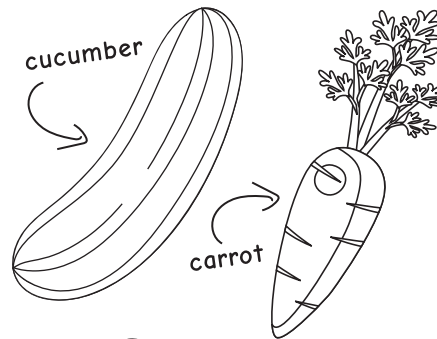
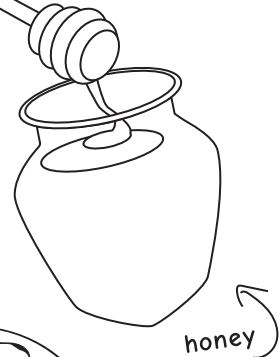
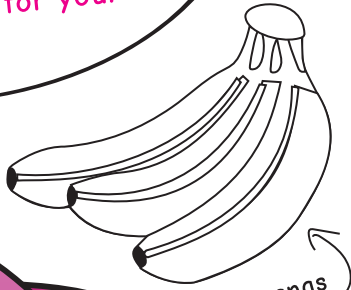
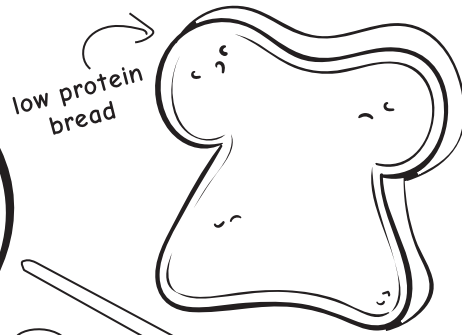
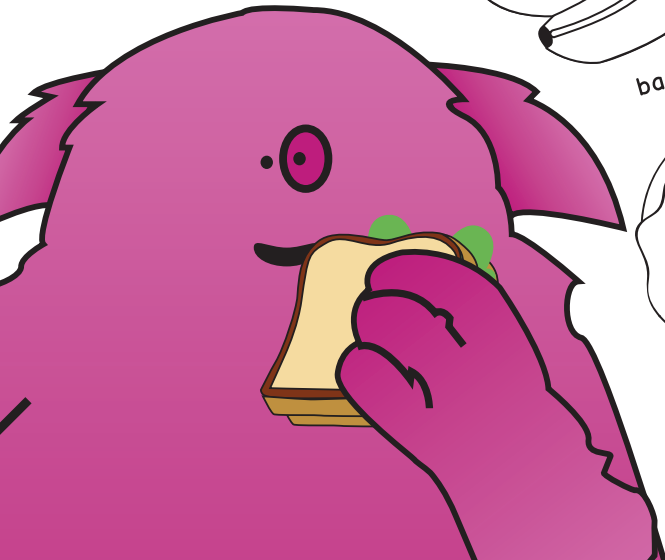


anamix

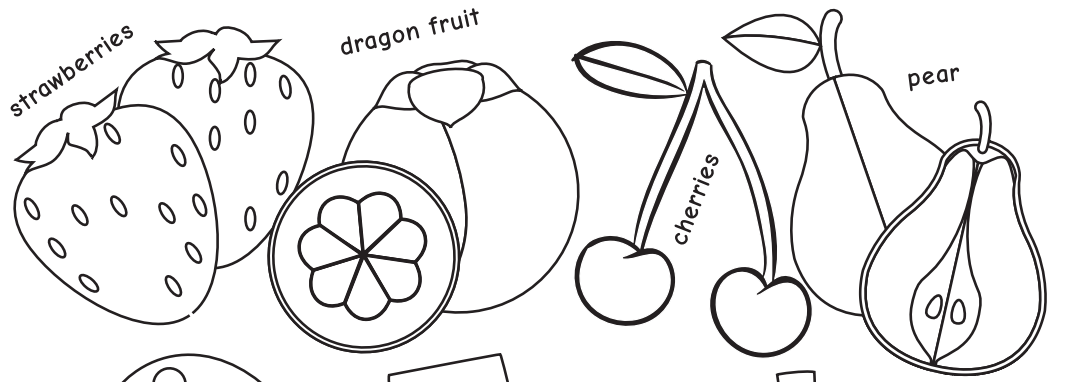


My Low Protein Food Colouring Book

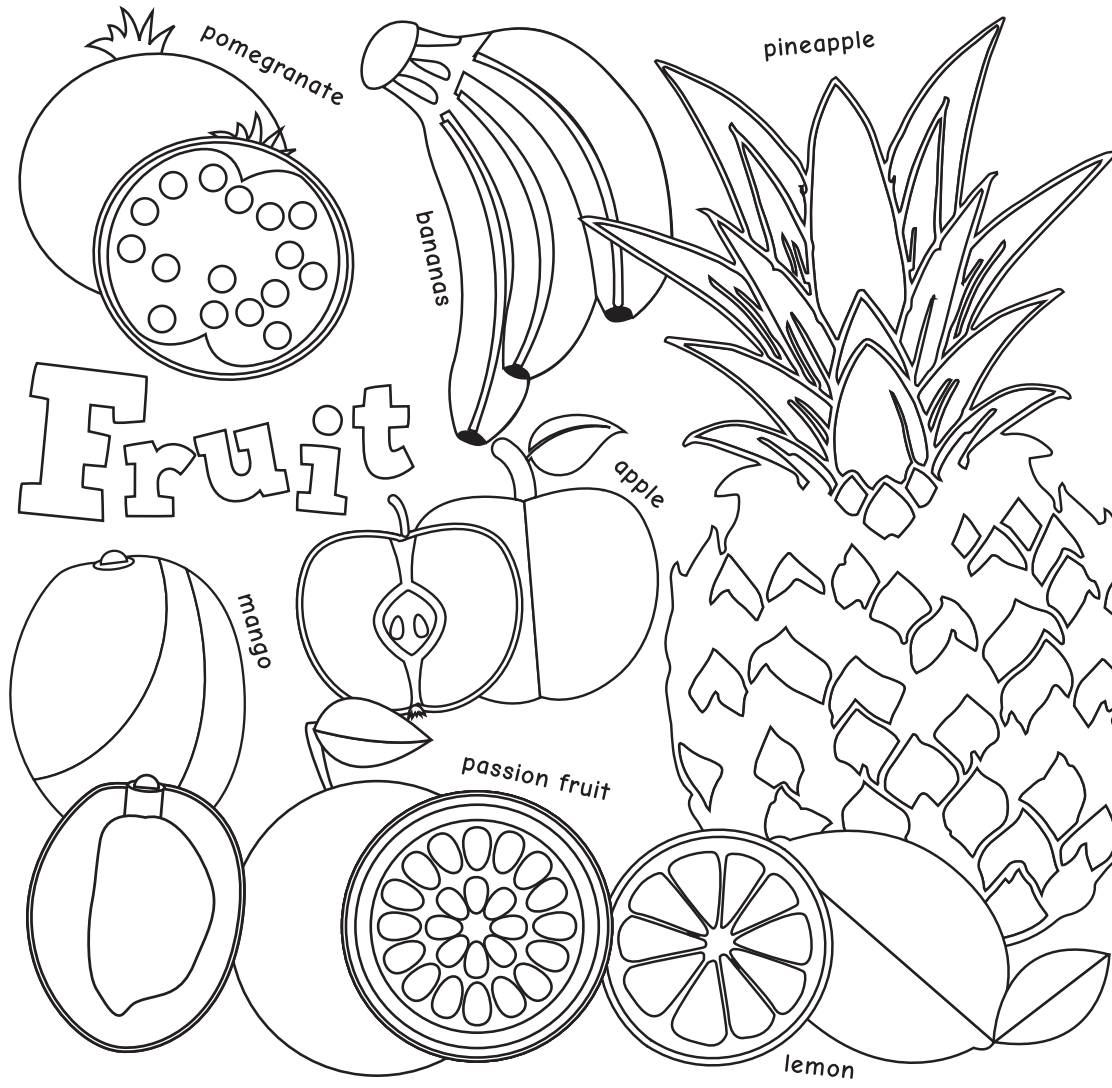
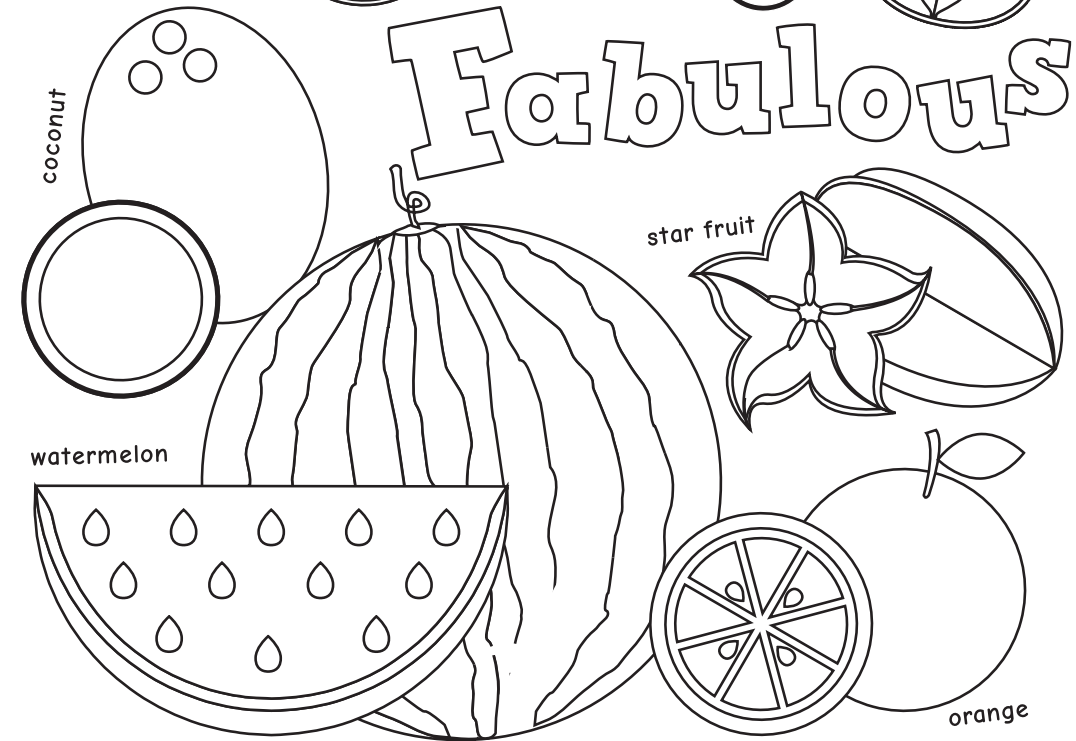
I love making sandwiches!
I've found lots of pictures of my
favourite things to put in my
sandwiches for you to colour in.
Why not draw a picture of
your favourite sandwich?
I've left a space for you!



"My favourite sandwich"



Fabulous



Fruit



Summer Fruits Smoothie

(no exchanges)

What you will need:

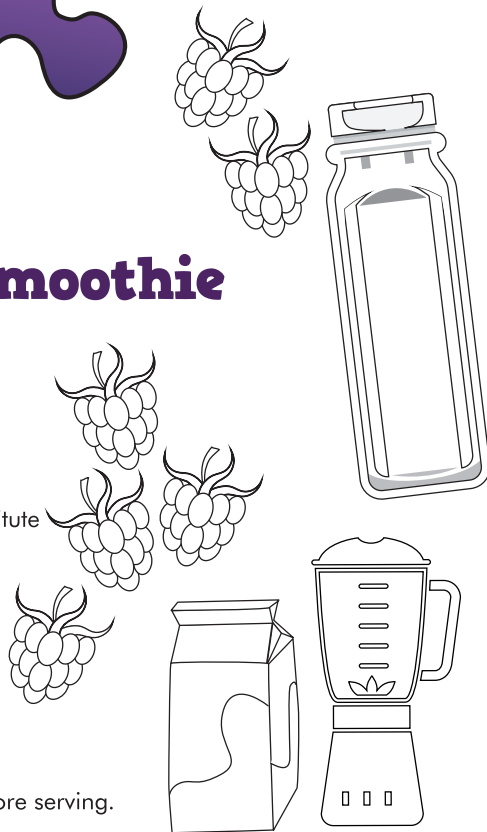
- 175g (7 oz) raspberries, fresh or frozen
- 300g defrosted blackberries
- 200ml carton of your low protein milk substitute
- 15ml (2 tbsp) Summer fruit squash

Makes 4 drinks

Here's how we do it:

1. Place all ingredients in a liquidiser* (or food processor) and blend for 1 minute.
2. Sieve out the seeds and thoroughly chill before serving.

* Please be aware that blending foods can be dangerous.
Recipe preparation should be supervised by Adults for children under the age of 10 years.

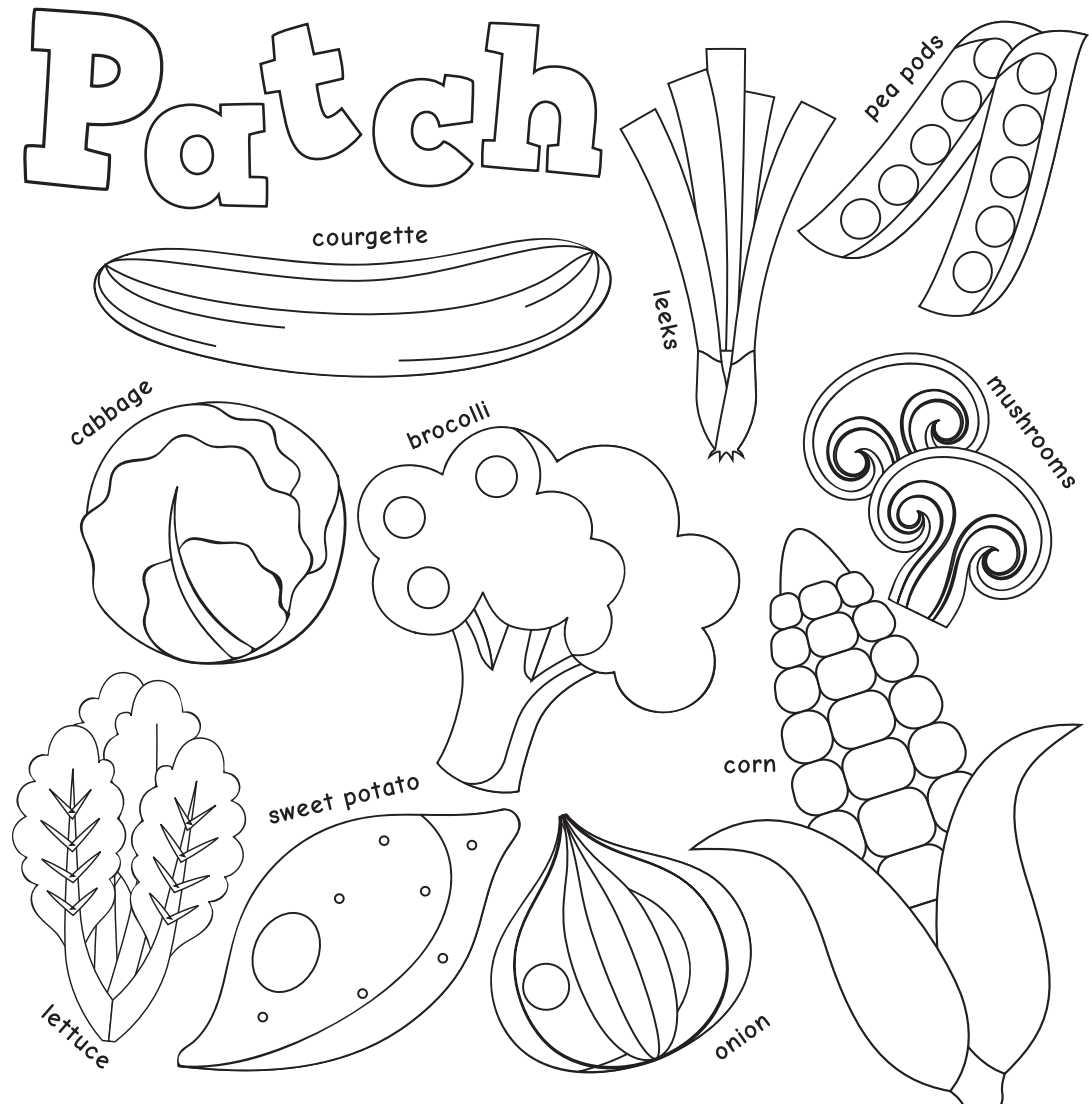
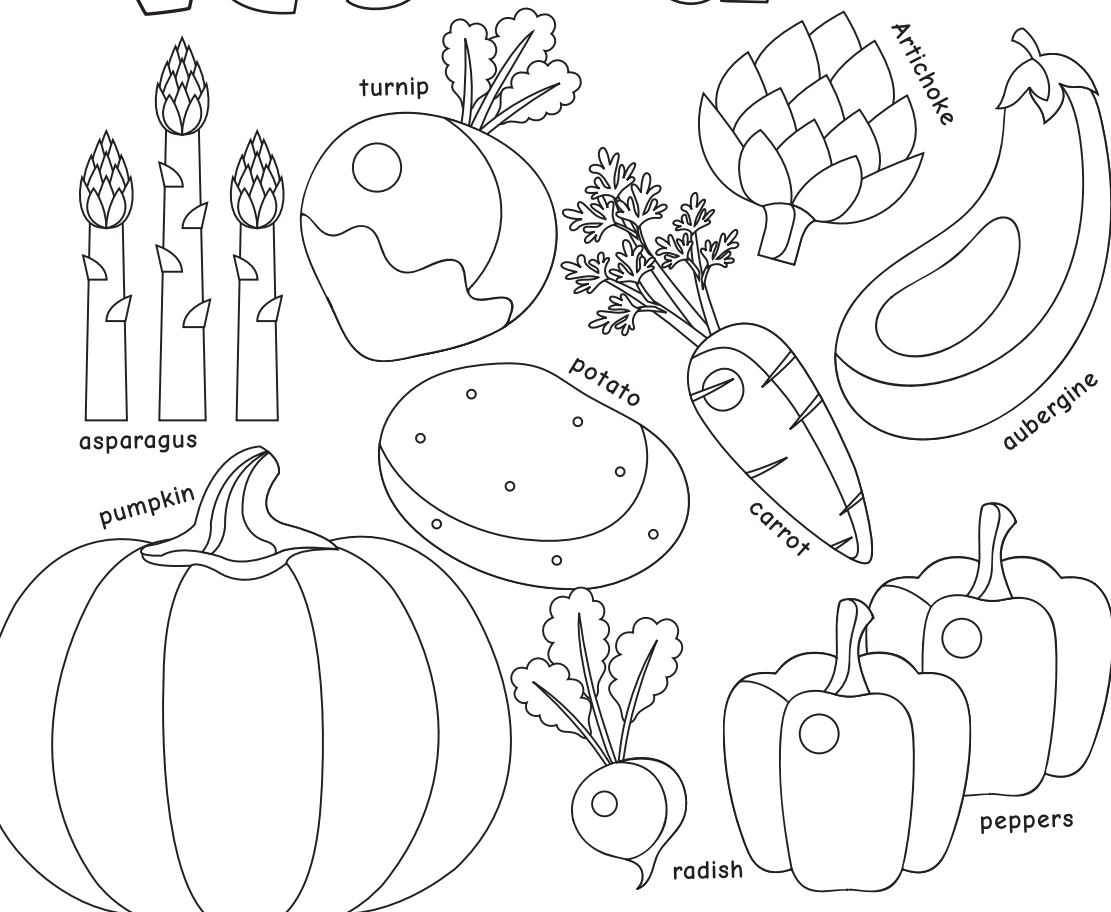


What do you like to put in a smoothie?
Fill the glass with fruity drawings and juicy colours!



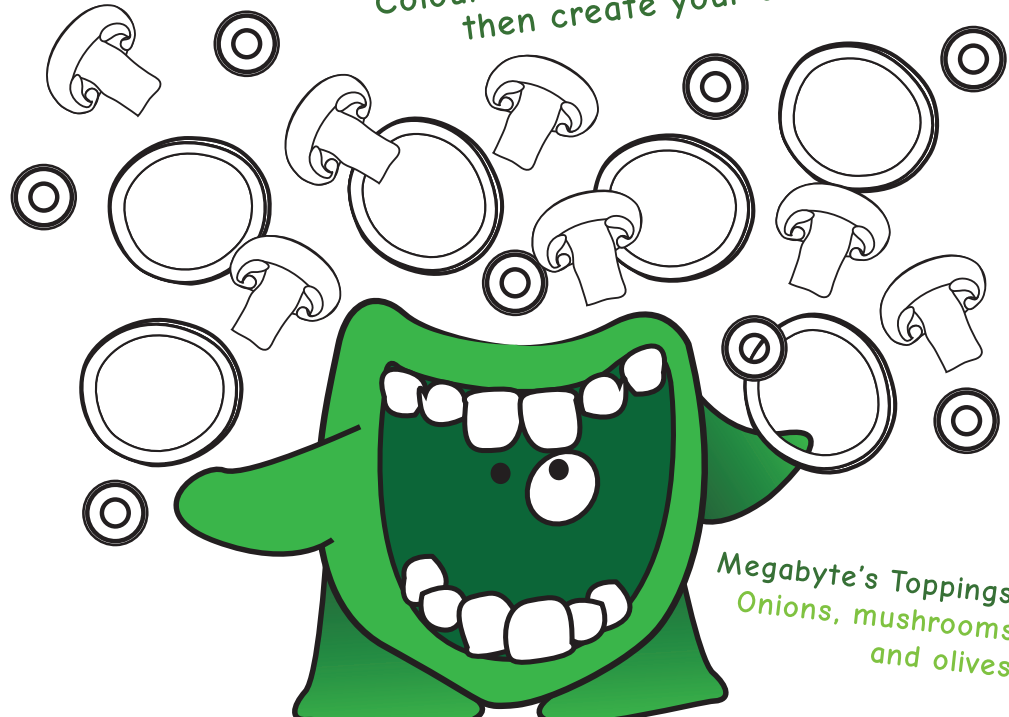
Vegetable

Patch



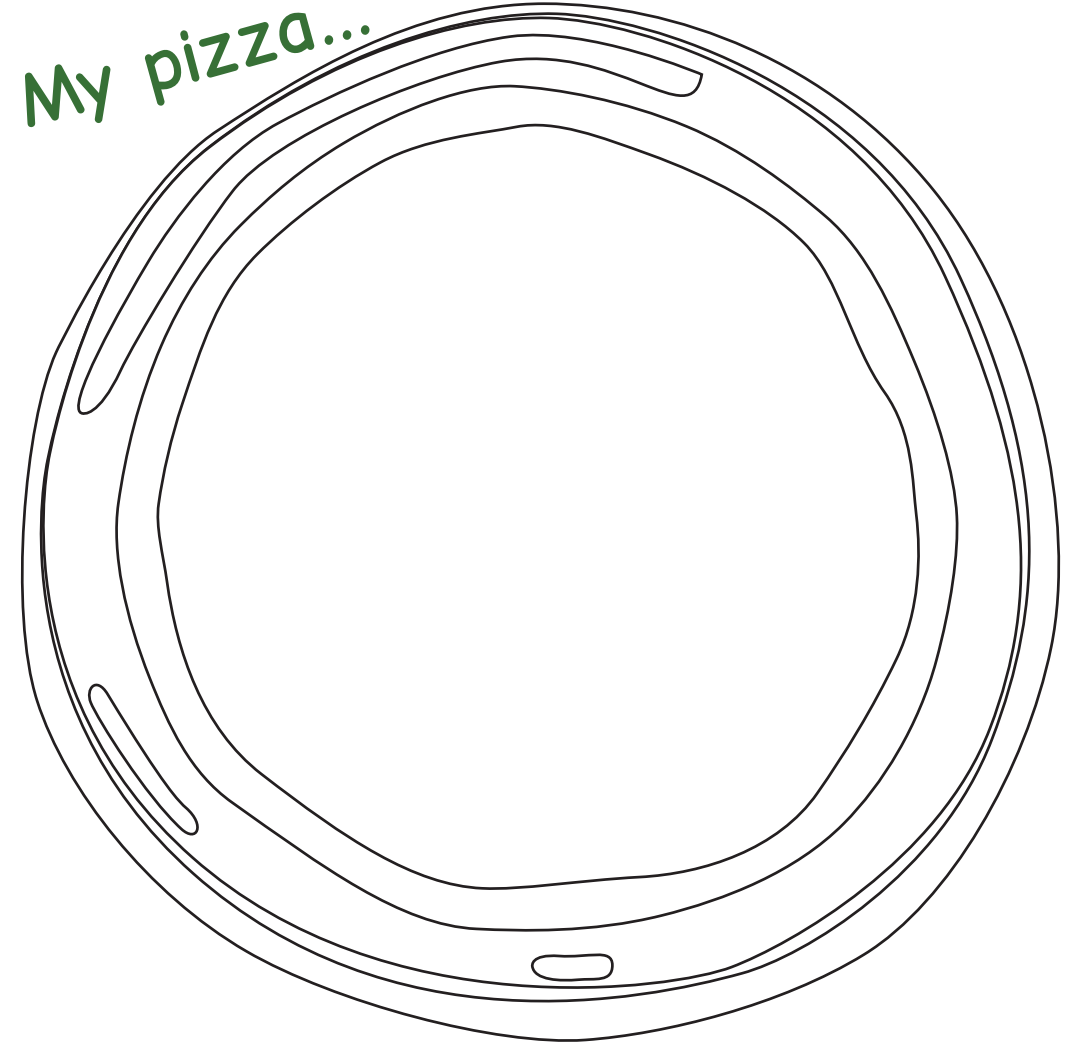
Pizza with pizzazz!

Megabyte LOVES low protein pizza!
Colour-in all of his favourite toppings,
then create your own pizza...



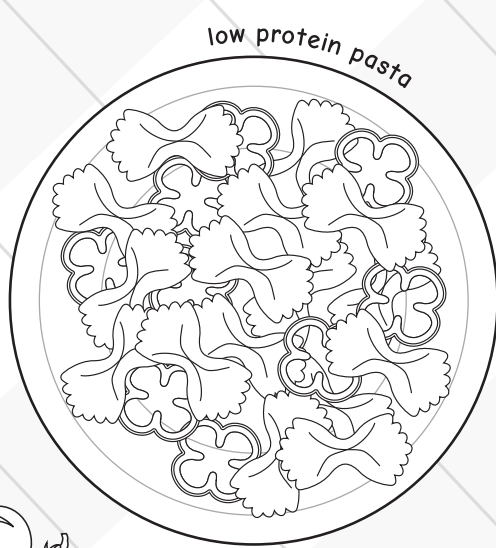
Megabyte's Toppings:
Onions, mushrooms
and olives

My pizza...

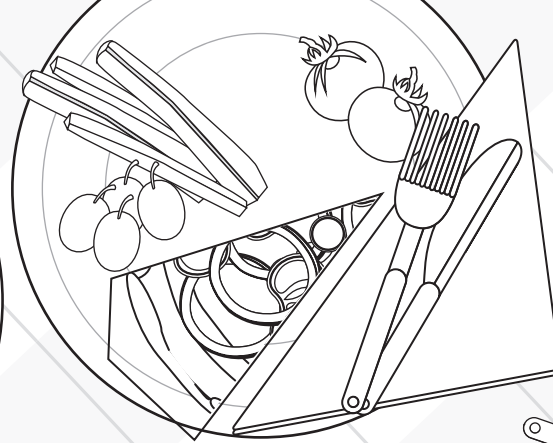




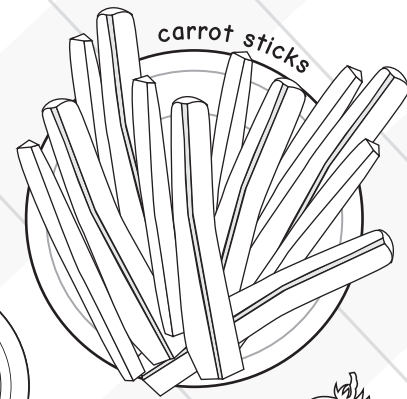
low protein pizza



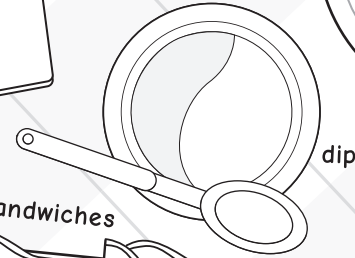
low protein pasta



olives



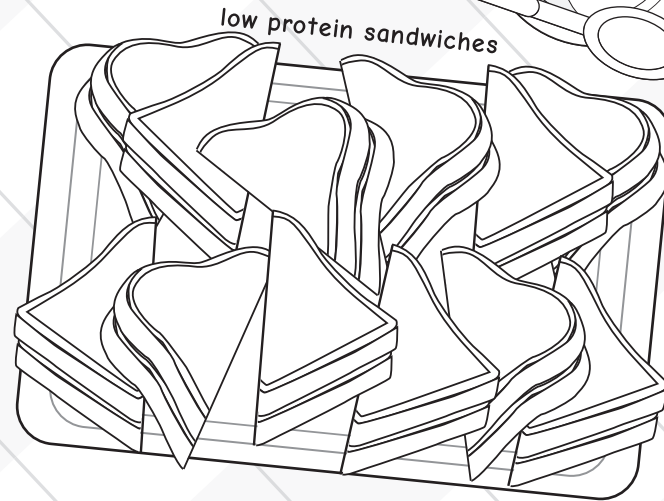
carrot sticks



dip



celery sticks



low protein sandwiches



It's my Perfect Picnic...

Make these delicious muffins with your mum or dad...

Raspberry & Vanilla Muffins

What you will need:

- 100g (4oz) soft margarine
- 100g (4oz) caster sugar
- 200g (8oz) Low Protein Baking Mix
- 2 tsp Low Protein Egg Replacer
- 2 tsp baking powder
- 2 tsp vanilla essence
- 150ml (6 fl oz) raspberries, fresh or frozen/thawed (other soft fruit may be used instead i.e. strawberries, blackberries)
- 150ml Low Protein PKU Drink

Oven temperature: 190°C / 375°F / Gas Mark 5

Makes 10 muffins

Here's how we do it:

1. Place the margarine and sugar in a bowl, beat well until light in texture and creamy coloured.
2. Combine the Low Protein Baking Mix, Low Protein Egg Replacer and baking powder, beat into the creamed mixture, alternately with the PKU Drink (one minute using an electric hand mixer, 2-3 minutes with a wooden spoon), until a soft smooth batter is achieved.
3. Stir in the raspberries and vanilla essence.
4. Divide the mixture between 10 muffin cases in a large muffin tin or 18 cake cases in tartlet tins.
5. Bake the muffins in a preheated oven for 20-25 minutes, until well risen and firm to touch. Cool on a wire rack.

** Please be aware that mixing with an electric mixer can be dangerous.
Recipe preparation should be supervised by Adults for children under the age of 10 years.*

Which berries do you like in your muffins?



anamax



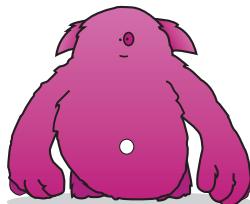
Brains



Big Eye



Megabyte



Bones



Omega Twins