

an6mix



In the kitchen with Chef Derek

The Anamix 6 want to introduce you to a very special person. Chef Derek.

Chef Derek is almost as clever as Brains!

He invents yummy low protein recipes for us all in his kitchen.

"Mmmm, recipes!" said MegaByte.
Megabyte was hungry. Again.

"Can we go and see him?"
said the Omega Twins.

"Yes, let's go!" said all of the gang together.
They liked going to see Chef Derek.



Chef Derek is in his kitchen again today.
This is where he has all of his best ideas
for low protein recipes.

He likes to invent ways to make really tasty things that we can all eat on our special low protein diets.

"I want to make something amazing today!"
he says.

He always does.



The Anamix 6 have arrived at
Chef Derek's special kitchen!

"I'm so glad you're all here!" said Chef Derek.
"I have an idea for a wonderful low protein recipe
and I'm going to need your help"

"What do you need us to do?" said Brains

"I need you to help me find ingredients,
and spoons, and bowls, and measuring scales.
Lots of things!" said Chef Derek.

"Leave it with us!" said the gang!



Soon the gang had everything that
Chef Derek needed for his new recipe.

"I've got the mixing spoons" said Brains

"And I've got the low protein mix!" said Big Eye

'We've got the measuring scales"
said the Omega Twins

"I've found the mixing bowls!" said Bones

"Is it ready to eat yet?" said MegaByte

"Not yet MegaByte!" said Chef Derek.
"Right, let's get cooking!"



Chef Derek and the Anamix 6 began to make this special low protein recipe.

Everywhere in the kitchen there was something happening!

Weighing the ingredients and mixing them carefully is very important in every recipe.

That's why the Anamix 6 are doing exactly what Chef Derek asks them to do.

"If we do everything properly then these are going to be so tasty!" said Bones.



With everything measured and mixed perfectly,
it was time to get baking!

Chef Derek carefully put everything into
the oven using oven gloves.

“Now, all we have to do is wait”
said Chef Derek.

“Waiting is the hard part” said MegaByte.

“Time to tidy up then?” said Brains

Chef Derek and the gang soon had
the kitchen clean and sparkling.

And the low protein muffins?
They were delicious!



Chef Derek and the Anamix 6 have created a very special recipe sheet so that you can make your own low protein chocolate chip muffins at home!

Remember to have the help of a grown up.

Chocolate Chip Muffins

Time to make: 10 minutes to mix. 15 minutes to bake.



Ingredients

- 100g butter
- 100g caster sugar
- 175g low protein mix
- 25g cocoa powder
- 2 tsp low protein egg replacer
- 2tsp baking powder
- 1 tsp vanilla
- 200ml low protein milk substitute
- 50g low protein chocolate chips

Method

- Place the butter and sugar in a large bowl, beat until creamy in texture and light in colour.
- Combine the low protein mix, low protein egg replacer, baking powder and low protein milk substitute. Beat for one minute using an electric hand mixer, or 2-3 minutes with a wooden spoon, until a soft smooth batter is achieved.
- Divide the mixture between 8 muffin cases. If desired, sprinkle a little granulated sugar over each muffin
- Bake the muffins in a 170°C oven for 10-15 minutes, until risen and firm to touch.
- Cool on a wire rack.



Brains



Big Eye



Megabyte



Bones



Omega Twins

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Information intended for patients, and carers of patients,
who have been prescribed a low protein diet by a Healthcare Professional.

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