

Inside this issue...

Editor's Report

Letters

Fundraising fun in
Yorkshire

Donating – An Update

Sink or Swim

PKU Pronto!

Dietitian's Report

Recipes

Football Fundraising in Bristol



Check inside for loads of
recipes and new food to try!

In Touch

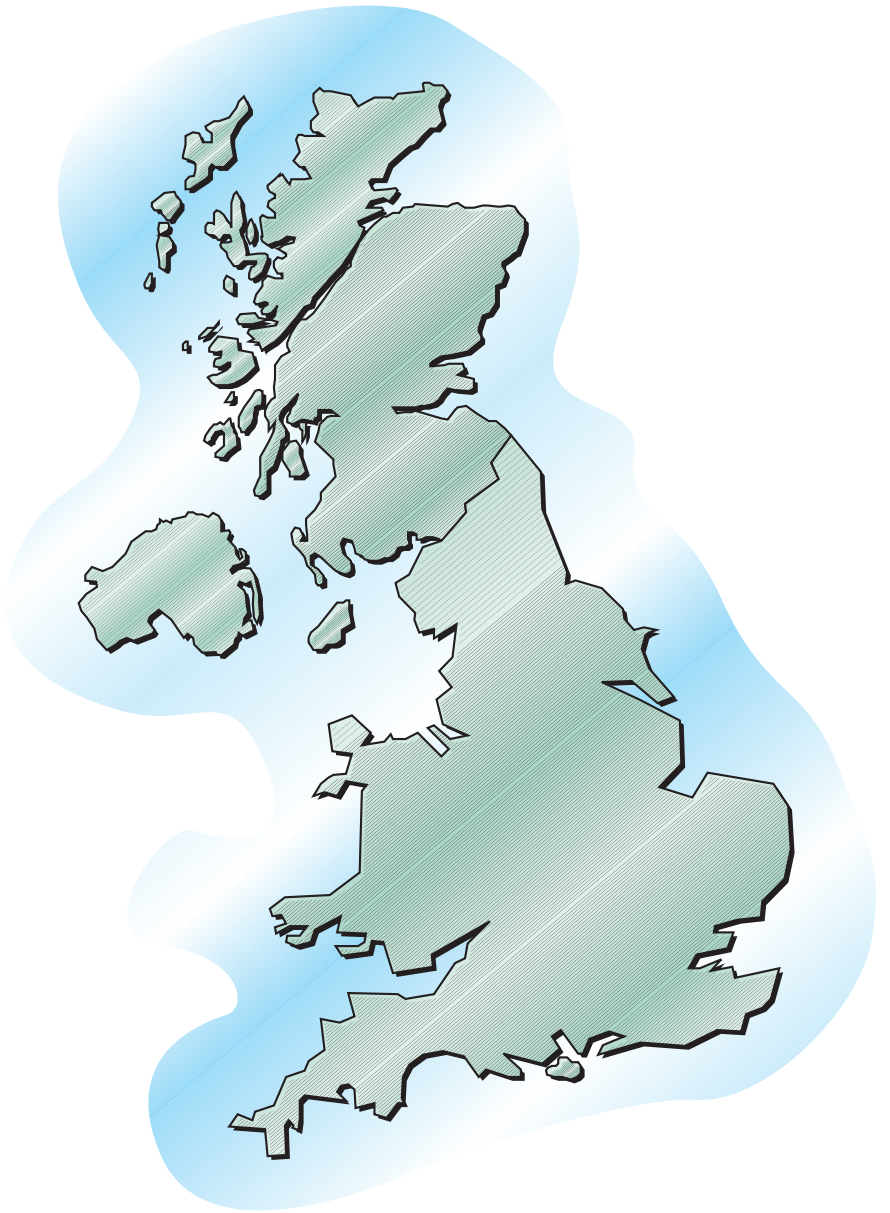
The Council of Management

Telephone Helpline: 0845 603 9136

Address: PO Box 26642, London N14 4ZF

E-Mail: info@nspku.org

Internet: www.nspku.org



Contents

2 Treasurer's Report

Donations

4 Letters

5 Fundraising Fun
in Yorkshire

6 Sink or Swim?

8 Donating – An Update

9 PKU Pronto!

10 Dietitian's Report

Editor's Report...

Welcome to our last edition of 2005. I've really enjoyed all your letters and stories this year but want to beg all readers to send us even more recipes, thoughts and ideas! Many of you have access to email so don't have to go to the bother of finding pens, stamps and envelopes. Please send me any thoughts you have and we can include them in the magazine. We love your photos too and also contributions from younger readers. PKU can be lonely, let's all try to communicate with each other and alleviate that problem!

There's a lot of excitement in our house about the new products Eleanor has listed for us in this issue. We can't wait to try her PKU cheese sauce and I might serve it with the roast vegetables I've got for you in PKU Pronto. Not to stray too far into Pollyanna country, but I do get a kick out of the challenges PKU can bring! I suppose a greedy guts like me was always going to revel in an excuse to think about food. I love to eat and I hope our little PKU boy enjoys it too. Life would be a lot easier without PKU but a little taste-testing in the kitchen isn't exactly unpleasant is it? All in the name of PKU of course...

Enjoy all the new ideas and products in this issue and please, please share any more you might have!

Merry Christmas!

Kiri Thomas.
Editor



The National Society for Phenylketonuria (United Kingdom) Limited

Please address all correspondence to the Editor, "News & Views",
4 Kenilworth Avenue, West Didsbury,
M20 2LJ
Tel: 0161 4462396
Email: editor@nspku.org

While every care is taken in the preparation of "News & Views", the society cannot be held responsible for any information given or views expressed.

All articles in "News & Views" are copyright of the Society, and must not be used without the Council of Management's authority.

The National Society for
Phenylketonuria
(United Kingdom) Limited,
PO Box 26642,
London N14 4ZF
Company No. 1256124.
Charity No 273670.

Helpline: 0845 603 9136
Email: info@nspku.org
Web Site: www.nspku.org

Registered address:
'Merrywood' Green Road
Wivelsfield Green
West Sussex
RH17 7QD

Layout by **The Keystroke Mill**
www.keystrokemill.com
Printed by *Action Press*
Tel: 01444 236204

find
us
on
the
web
at:

www.nspku.org

Treasurer's Report...

Having had an incredibly busy summer (NSPKU wise) and working very hard towards easing my workload, I am now facing the prospect of an even busier autumn – where am I going wrong?!

Actually I can finally see the light at the end of the tunnel, having officially taken on the book-keeper (Vicki) at the beginning of September I have now (I hope) done the ground work in the handover to her. Once the end of year rush is over, hopefully my plan will have worked and I'll have nothing to do! I have started gathering my thoughts on the projects I wish to tackle. First on the list will be the Society's insurance bill which I am hoping to reduce considerably, then I can get my teeth into bank accounts and investments.... Deep joy!

If you would like a fuller picture of the state of the Society's finances have a read of my article somewhere in this issue, or you could consider coming to the AGM and listening to my dulcet tones in person!

Julia Bailey
Treasurer

Sending us some money?

If you are sending us some money please note that payments should no longer go to the Treasurer:

If you are sending a donation or a subscription payment please send it to:

NSPKU
PO Box 2664
London N14 4ZF

If you are sending money for anything else please send it to:

NSPKU
c/o Vicki King
Tarkwa
65 Cromwell Road
Ribbleton, Preston, PR2 6YD
Please send only cheques or postal orders
NOT CASH

Donations

Donations to 30/9/05 (£30.00 and over)

Jean and Malcolm Scott	450.00
Simon Murphy	201.00
Margaret Lappin	1,373.00
Mrs Henderson (Abercorn Memorials)	52.00

In memory of:

David Gell	50.00
Kevin Creek	500.00



ENER-G Low Protein Rice Bread

Have You Tried It ?

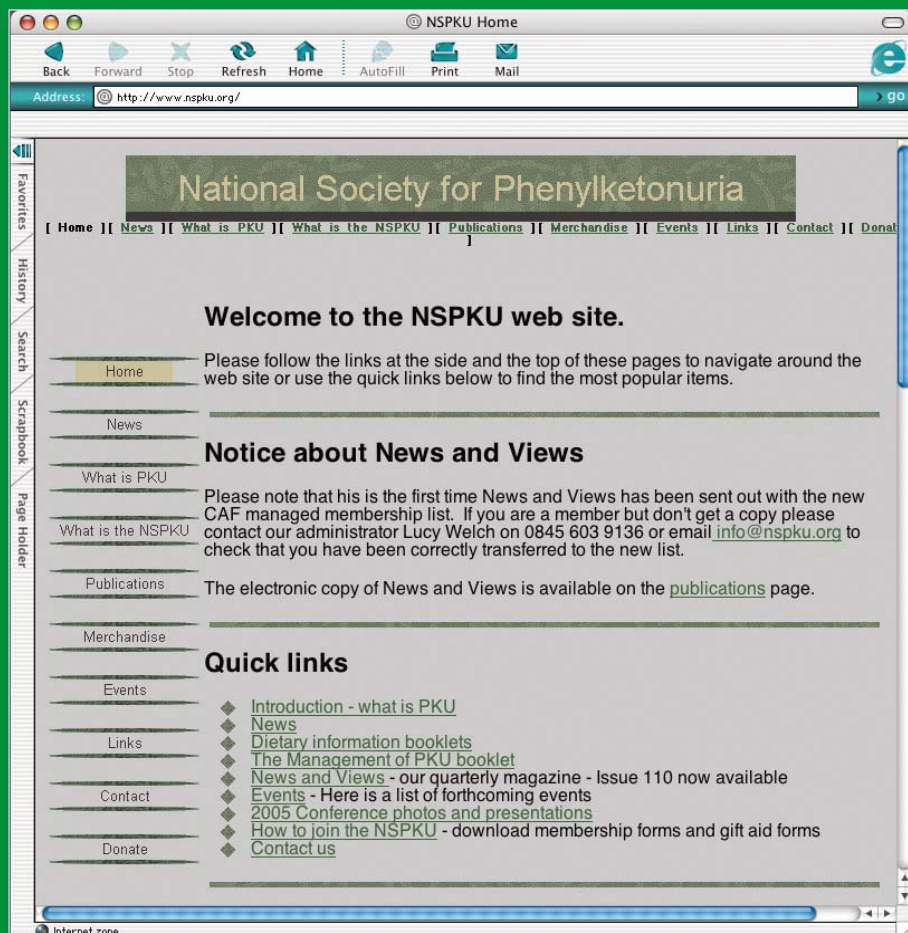
FREE SAMPLES*
Call 0208 336 2323

Prescribable



From General Dietary Ltd

***Subject to availability**



*Check
out our
Website for
the latest
information*

www.nspku.org



Letters

News & Views, 4 Kenilworth Avenue, West Didsbury M20 2LJ
Email: editor@nspku.org

The treatment of phenylketonuria varies for each individual patient. No patient should alter their own treatment as a result of reading how another patient manages their diet without first consulting their doctor or dietitian.

Dear News and Views,

I am the parent of a little boy with PKU and we are planning to take him to Florida next year on holiday. I would be grateful for any information from other parents who have visited Florida regarding the best places to eat. We will be staying on International Drive and would like to know what we should take with us and if the restaurants are willing to cook for our son. He will be five years old when we go and we would appreciate any help you could give us.

Many thanks,
Mrs. A. Williams

Dear News and Views,

We are pleased to enclose a cheque for £1,245.00 which has been raised from a five-a-side football tournament held at Bradley Stoke Leisure Centre in aid of the NSPKU.

It was organised by our friend Sean Williams who is aware of the condition as our 9 year old son Ross has PKU. Sean was able to round up 10 teams to take part – he even managed to persuade the ladies to play! There were some very generous raffle prizes donated; a signed Bristol City shirt from Gary Buckley, the Leisure Centre manager, a signed Bristol City ball from ex-player Wayne Bray and a year's membership to Bridges Gym from the Leisure Centre. Everyone who took part thoroughly enjoyed themselves and the refreshments provided by Carlsberg Tetley.

We would like to thank everyone, especially Sean, who gave up their Saturday evening to take part. Sean is pictured with the winners Dundry Athletic (in red) and the runners-up Patchway Leisure Centre (in white).

Yours,
Jon and Louise Porter
See our cover



Sean Williams with the winning team and runners-up



Dear News and Views,

It was my 60th birthday recently and I decided to hold a party but everyone who was invited was told, no presents, flowers chocolates or wine. I specified that only donations to the NSPKU would be acceptable!

I was holding the party not just for my birthday but to thank all my friends, family and neighbours who had helped me through the tragic death of my husband Geoff in March 2003.

Geoff was so excited when Benedict was born but soon after discovered he had incurable cancer. His one concern was that he would never see Benedict grow up but I know he would have been as proud of him as we are.

My party was a huge success and we managed to raise £330 which I have great pleasure in enclosing for you.

Yours,
Aileen Wheeler.



Aileen Wheeler and her grandson Benedict last Christmas

Fundraising Fun in Yorkshire

Celebrating PKU was the theme running through the 6th annual charity day held at the home of John, Sharon, Danielle & Annabelle Skidmore in Normanton, West Yorkshire on Saturday 20th August with over 150 people attending throughout the day. Annabelle, aged 5, is their younger daughter and has PKU.

People with PKU and their families, friends, neighbours attended the event held in their cul-de-sac. Refreshments were provided for everyone before they were encouraged into the market place where charity stalls offered fresh flowers, nail painting, play your cards right, books, toys, posters, tombola, and even a children's entertainer. Food and drink were plentiful throughout the day and the weather held fine despite all odds.

The day also raises awareness of PKU and helps families by "getting together" and sharing experiences on this special occasion. Eleanor Weetch made a special appearance and even managed to have her nails manicured!

A Grand Raffle was also held and 14 lucky prize winners were announced. Businesses and friends generously donated prizes.

Brisk trade was experienced throughout the day and there was a great atmosphere with everyone having



an enjoyable time meeting new and old friends and renewing acquaintances at this annual event. A magnificent £1101 was raised from all the fundraising in aid of NSPKU.

John Skidmore



Sink or Swim?

My first thought as I write this article is how to make finance interesting, a task that is beyond me I fear. My second thought however is that interesting or not, it can't be ignored; money makes the world go around and without it this Society would very quickly cease to exist.

So why write an article now? If you've been keeping a track of the Society's financial position over the last few years I am sure you are aware that we are fortunate enough to have a healthy bank balance supported by not insubstantial reserves. Now comes the BUT!

Since I became Treasurer some six years ago I have seen a number of changes, some very obvious such as the outsourcing of subscription collections to CAF and the appointment of an administrator and more recently book-keeper, but others have been far more subtle and their effect can go undetected for some time.

To illustrate; five years ago we were paying £5,000 less in salaries, £3,000 less to print News and Views, £1,000 less on travel costs, £3,000 less on publications and £700 less on insurance. However, our average donations over the four years up to October 2003 were £10,000 more per annum than they have been for the last two years. Events like the Tsunami and Live8 mean that this year our donations are again predicted to fall. We cannot compete with high profile campaigns like these one-offs or even the daily reminders of such worthy causes as child protection and breast cancer. In a nutshell, like many other charities our costs are increasing but the trend in donations is decreasing. It doesn't take a mathematician to do the sums: less in - more out = TROUBLE!

At a recent meeting the Senior Officers (chair, vice chair, secretary and treasurer) prepared our budget for the next financial year. It came as something of a shock (although we had suspected it) that if we wish to undertake all that we wish to next year and our support from donations and sponsorship remains the same, our expenditure will exceed our income by about £29,000.

Once we picked ourselves up off the floor, the next question was, can we reduce our expenditure? Well there are always cuts that can be made but what are the costs in real terms? We could reduce our printing costs on News and Views and other publications, return to black & white and reduce the number of publications we produce, but the feedback from both family and literary members is that they are considered invaluable resource. I'm

sure a lot of us would ask, where would we be without them? We could reduce the workload of the dietitian, administrator and book-keeper but I know for a fact that the Society would grind to a halt without the excellent work they put in. A more dedicated crew we couldn't hope to find. We could reduce the cost of the events that we put on, no crèche or kids' trips at the conference, less speakers perhaps, cancel Edale? I'm sure anyone who has attended the conference would be horrified and I have been to Edale, I have seen what it does for those kids, I don't want mine to miss that, do you?

The trouble seems to be that we do things too well and to continue to not only do them as well but to improve and do more (and believe me we plan to) we need more not less MONEY.

We all have a part to play in this, it is our Society. The reason we belong to it is that we believe in it, we need it, so we have to take responsibility. As Treasurer for me that means identifying costs savings and potential for increasing income and that is exactly what I will spend the coming year doing. As a member of the NSPKU it means taking responsibility for keeping the Society going and we all have our part to play, from raising funds, supporting events and sourcing sponsors, to offering practical help, even paying subs on time!

DON'T PANIC! We are not in dire straits yet, our reserves policy will support us for a time. But this is a warning. If we want the Society we know now we need to support it.

If you would like any further information about the work of the Society, would like to help, have ideas or suggestions or would like advice on raising funds please contact a COM member listed inside the front cover.

Julia Bailey
NSPKU Treasurer

Start your day with a Hot Breakfast

NEW
NOW AVAILABLE ON PRESCRIPTION



THREE GREAT TASTING HOT BREAKFASTS FOR YOU TO ENJOY

Promin Low Protein Breakfast is a brand new fast food product available in three tasty flavours.

1. Original flavour. Protein level 0.21g/100g

Phenylalanine 5.03mg/100g

2. Chocolate flavour. Protein level 0.37g/100g

Phenylalanine 6.53mg/100g

3. Apple & Cinnamon flavour. Protein level

0.25g/100g Phenylalanine 2.18mg/100g.

Simply mix with hot water.

Promin Hot Breakfast is convenient and easy to make.

It's an instant hot breakfast, you could even enjoy a bowl for your supper.

Promin Hot Breakfast is a great addition to your

kitchen cupboard. Available direct from Firstplay, see the contact details below.

Full analysis available on request.

PROMIN

Firstplay Dietary Foods was formed in 1993 to produce Promin Low Protein products from a small factory in Stockport, where we only produce low protein products.

Promin Pasta and Promin Tri-Colour Pasta are now a well established brand and are available on prescription. Our pasta range available by prescription also includes Imitation Rice, Pasta

meal and Lasagna Sheets they are also available by mail order. More recently interaction with PKU patients, parents and Dietitians has resulted in the expansion of the Promin range. New products have been designed to reflect the needs of a maturing PKU population leading busy hectic lifestyles.

Call us for more information or with your dietary suggestions. Firstplay Dietary Foods produce low protein foods especially for your diet.



Always consult your dietitian before trying something new.

ALPHABET, ELBOWS, SHELLS, MACARONI, COUS COUS, RICE, PASTA MEAL, SPIRALS, SPAGHETTI, LASAGNA SHEETS

To order telephone or fax: **0161 474 7576**, E-MAIL: firstplaydf@smartone.co.uk WEB: www.promin-pku.com

Donating - An update

There are many different ways of making donations, from putting money in a collecting tub as you pass, to making regular payments directly from your salary. To help you to decide what works for you here is a list (not definitive) of ways to donate....

Type of Donation	How do I do it?
One off donation	Send to the administrator (address inside front cover)
Gift Aided donation	Ask us for a gift aid form and we can claim back the tax paid on it (you must be a UK tax payer)
Regular donation	Ask us for a direct debit mandate (can include gift aid)
Collecting Tub	Ask us for a collecting tub and put it in a location near you or use it at fundraising events
Fundraising events	The list is endless from a sponsored silence to a family fun day, please contact us for advice and ideas
Payroll giving	Many employers operate such schemes, contact your payroll office for more information
Matched Giving	Some employers will match your donation, you should contact them for more information
Donate your tax rebate	Complete the relevant part of your tax return with our details, (ref NAR80ZG)
Nominated Charities	Many businesses/organisations raise funds for a specific Charity over a period of time, check with your employer or other local businesses
On-line giving	Watch this space - we will soon have a link on our website to donate on-line
Charity Gift Vouchers	Great presents for the person who has everything. Available from the Charities Aid Foundation, please ask for details
Legacies	Make a bequest in your will or request donations instead of flowers

There are also indirect ways of giving, for example our merchandise provides us with a small profit so how about sending PKU Christmas cards next year?

If you would like further information on any of the above please contact the Society Treasurer – Julia Bailey.

PKU Pronto!

Here's something many of you will have had many times before but perhaps not considered as a meal in itself – roast vegetables. I can have this on the table within 30 minutes and it's yet another one of those great meals that can be tweaked to include exchanges or not. Here's how.

Ingredients

Amounts are difficult with this, but this would serve a moderately hungry adult.

- 1 sweet potato, peeled
- 2 medium carrots, peeled and quartered
- 2 small red onions, peeled and quartered
- 1 red or yellow pepper, deseeded and quartered
- 1 medium parsnip, peeled and quartered
- 100g cherry tomatoes

Preheat your oven to 220° C.

Take a small roasting tin and pour in enough vegetable oil to the depth of about 1 cm.

Place the tin in the oven to allow it and the oil to get really hot.

Cut the sweet potato into quarters or even eighths if it's a very big potato. Take the roasting tin and smoking oil out of the oven and pour all the prepared vegetables in. Using a large spoon and protecting your hands with an oven glove, coat all the chunks so that they are covered in the hot oil.

Place the veg-filled tin back into the hot oven and roast for about 20 mins or until the sweet potato, carrots, and parsnip are golden and tender inside when tested with a skewer or sharp knife.

I think this is nice served with a little ramekin or tea-cup

filled with ketchup or other free relish placed on the centre of a plate surrounded by the crispy root veg and soft, juicy onions and tomatoes.

Variations

- If you want to include exchanges, you can add peeled potatoes chopped into a similar size to the other vegetables. So that you don't confuse them with the other free veg, it's a good idea to place them at one end of the roasting tin so that you can separate and weigh them after they've been cooked and before you serve them. With roast potatoes, 55g equals one exchange.
- **For the NON-PKU contingent.** While you have the oven on, you could also cook some sausages or chicken legs in a separate tin. They should take a similar time to cook but keep an eye on them!
- In the summer, roast some courgettes with tomatoes and peppers. They're all free and taste delicious tossed with a little balsamic or red wine vinegar after cooking. Sprinkle on some chopped basil during or after roasting too if you like. They're also nice cold.
- I often use garlic-flavoured oil when roasting the vegetables. This is available in most supermarkets along with basil and chilli oils – these might be worth a try too!

Yes We Cook That.com

Specialist Dietary Foods

Freshly prepared ready meals
for PKU sufferers

Now available in England*

Would you like...

To open the fridge to a freshly cooked PKU meal, labelled with the ingredients and exchanges waiting for you?

Yes We Cook That!

To open the freezer and find some flavoured sliced bread made from prescriptive low protein flour?

Yes We Cook That!

Working closely with PKU dietitians and PKU patients Leanora Munn and Pauline Young of Yes We Cook That.com now have a menu of over 120 ready meals and snacks all suitable for PKU sufferers.

All meals are clearly labelled with the ingredients and any exchanges and are made using only prescriptive flours, egg replacers, milks and pastas.

Our menus are available through your dietician in some parts of

To have a birthday cake and know that you can eat it all?

Yes We Cook That!

To have all this at Supermarket prices?

Yes... it is!

To know that we really understand PKU, really understand your diet and really know what exchanges are?

Yes... we do!

the country or directly from Yes We Cook That.com

Our aim is to supply all PKU sufferers in the UK with the opportunity to purchase ready made meals, breads, cakes and sweet and savoury snacks at supermarket prices.

*Available now in Scotland, Manchester, Newcastle, Birmingham, Leeds, Liverpool – Available shortly in the rest of England, Wales and Ireland.

Phone Leanora or Pauline on 07773 342594

24 hour answering machine 01290 332 949

e-mail sales@yeswecookthat.com

Yes We Cook That.com, 'The Weebit Hooseir', 39 Leggate, New Cumnock, Ayrshire, KA18 4NG

Dietitian's Report

NEW FOODS TO TRY!

Tyrrells Apple Chips

I would like to thank Diana Rawlinson, dietitian in Bristol, for sending me a packet of apple chips. They are low enough in protein to be allowed without counting in the diet. Tyrrells are a bit more expensive than most ordinary crisps but they are good and a bit different.

These are now the only free chips I know of now that Walker's have discontinued their crackers. I did not receive a reply to my letter asking them to reconsider their decision, did any of you?
Insert N&V 114 / D here

Mini Pringles

We all know big Pringles but a new smaller lunch box size has been brought out. The little pack contains one exchange so it's a useful size for counting. You get 5 little packs in a bag.



Fruit Bliss

These are made by Fruit Bowl and are fruit bars with a yoghurt centre. The protein is quite low.

2 Fruit Bliss Bars = ½ Exchange

Again, a useful packed lunch item.



OAT SUPREME



The company (First Foods) making this non-dairy cream also make some ices which I featured a few months ago. The 'cream' is made from oat milk and is very low in protein. It can be used for pouring, cooking and as soured cream. To sour it you just add lemon juice and a little salt.

200mls of oat Supreme = ½ Exchange

This is a lot of 'cream' so I would ask you to consult with your dietitian about how to use it in your own or your child's diet.

You can also use it to make a sauce e.g. with mushrooms, parsley and any other free food. You could even melt some Cheese Quavers into it but remember to count the Quavers.
One small packet of Quavers = ½ Exchange

Recipe for quick 'cheese' sauce

200mls Oat Supreme
1 small packet Quavers

Just heat the Oat Supreme gently and crush the Quavers and stir in.

You might like to try the Cheezly melting versions or Ener-G cheese. I haven't tried this but it might work so have a go. Don't forget to count the Cheezly or Ener-G cheese as there is some phenylalanine in these. I do still have order forms for the Cheezly so please get in touch with me and I can send you an order form. The company have been very efficient at sending it out once ordered. Thank you The Redwood Company!

MARSHMALLOW FLUFF

This is amazing stuff. It's as it is called, just like fluffy clouds of marshmallow! I found it in Sainsbury's amongst the baking section. It comes in vanilla and strawberry and is very low in protein you don't need to count it. You can spread it directly onto hot buttered low protein toast, it's good on ice cream - just add a little water to thin it and pour over. On the strawberry flavour fluff there is a

recipe for crispie squares. Try it using low protein cereal or if you use Rice Krispies don't forget to count the Rice Krispies. Let me know what you think to this!

You could put some in a low protein cake or on a plain biscuit too.



You are all getting really good at finding things for me to feature. Please keep it up as it is helpful to share these 'finds' with others.

EDALE 2006

Edale outward bound weekend is now a permanent fixture on our calendar! We have booked again for next year and the dates are as follows:

July 14th to 16th 2006

If you want to put your child's name down just give me a ring. I can give you more information too. The age range is 9 years to 13 years, boys and girls. As one child described it "it's a wicked weekend"

WHERE TO STAY AND WHERE TO EAT?

I have often thought it would be nice to have a list of good places to stay, by that I mean where hotels, guest houses, bed and breakfast places have looked after anyone with PKU really well. Do you know anywhere? Could you recommend it to us? I would like to keep an up to date list of such places on the web site. It could be really helpful for the PKU family and adults out and about! Do please let me know. Prices and type of accommodation would be helpful too and also the contact details and anything else of interest about the place.

To start us off I have details of a hotel on the isle of Mull in Scotland. Mr and Mrs Ralston own the Salen Hotel which is in Salen about 10 miles from the main ferry from Oban to Craignure. They have a son, Ian, who is 4 years' old and has PKU. They would be very happy to have you at the hotel and I'm sure Ian would like to meet other children with

PKU at his hotel! There are 11 bedrooms and these include family rooms. You can look at the hotel on the web site at

www.thesalenhotel.co.uk

The Salen Hotel
Salen,
Isle of Mull
PA72 6JE

Tel 01680-300324

Restaurants too can be varied in their response to a PKU diet. Denise Holman contacted me about a place she took her child to for a party and they were not accommodating at all. What is everyone's experience? Can you recommend a chain of eating places which is good? Do you have any hints and tips about eating out and what you have done? We want anyone with PKU to enjoy eating out and it shouldn't be an ordeal for you. Let me know if it is or it isn't and where you go and what you do. We could have a list of the best and worst places.

ASPARTAME

There has been some new research carried out in Italy which questions the safety of aspartame. There is information on the Diabetes UK web site and also the Food Standards Agency web site. Have a look at it. This can only be good news for anyone with PKU.

[www.efsa.eu.int/press room/press release/1038 en.html](http://www.efsa.eu.int/press_room/press_release/1038_en.html)

www.food.gov.uk/safereating/additivesbranch/sweeteners/55174

www.diabetes.org.uk

Eleanor Weetch
Society Dietitian



NOW AVAILABLE ON PRESCRIPTION *THE NEW WAY*

QUICK AND EASY MIXES
BREAD AND PASTRY THAT BROWNS NATURALLY IN THE OVEN
LIGHT SPONGE CAKES ~ INCLUDING CHOCOLATE CAKE ~
MIXED IN ONE MINUTE
OMELETTES AND SAUSAGES THAT LOOK LIKE THE REAL THING
EASY TO ROLL PASTRY

THE VERSATILE PRODUCTS YOU'VE BEEN WAITING FOR:



**FATE LOW PROTEIN
CAKE MIX**
 only 1.6mg phe per 100g



**FATE LOW PROTEIN
ALL-PURPOSE MIX**
 only 5.2mg phe per 100g



**FATE LOW PROTEIN
CHOCOLATE FLAVOUR
CAKE MIX**
 only 13.2mg phe per 100g

EVERY PACK CONTAINS EASY TO FOLLOW RECIPES DEVELOPED BY EILEEN GREEN



“As a mum with two daughters who both have PKU, I fully understand the low protein way of life. We all know that low protein food is different, but just because it is different it doesn't mean that it can't be as good. I have developed these new mixes so that everyone can make great low protein food”
 Eileen Green

***Just ask your Doctor to prescribe these new products
 then ask your chemist to telephone our direct order line: 01215 22 44 33***

Helpline and General Enquiries Tel: 01215 22 44 34

FATE SPECIAL FOODS ~ SPECIAL FOODS FOR SPECIAL PEOPLE

Fate Special Foods recipes



FATE BURGER BUNS

Hello,

My recipe this time is for Fate Burger Buns. They really make Low Protein Burgers look great. Easy to do, the secret is in the way you shape them.

When making any of the Fate bread recipes, I add a few drops of suitable gravy browning into the water to enhance the colour of the inside of the bread. (I use Cross & Blackwell browning) It does not alter the taste, but it gives it a really good natural colour. It is freely allowed.

Also, you can make a lower fat version by using only 50mls of oil instead of 120mls, all other ingredient amounts stay the same.

Ingredients

500g Fate Low Protein All-Purpose Mix
sachet yeast enclosed with the mix
2 tsp salt
120mls oil (or 50mls for a lower fat version)
450mls very warm water
extra Fate All-Purpose Mix for shaping



Pre-Heat the oven Gas 6, 200°C 400°F.
Place the Fate All-Purpose Mix into a bowl.
Stir in the yeast and salt.



Measure the oil and place into a jug. Have ready an electric hand mixer or a balloon whisk and pour the oil and water mixture all at once onto the dry ingredients. Immediately start mixing quickly to get everything blended together. It will be runny to start with, but after about 20 – 30 seconds, the mixture will thicken. Then mix very gently for about 1 minute. It should be smooth and silky. Leave to rest for a couple of minutes.

Place a piece of cling film onto your scales. Sprinkle it with a little extra Fate All-Purpose Mix. Also, dip your hands in Fate All-Purpose Mix to dust well.

Using a large spoon, take a heaped spoonful of the bread mixture, and using just one finger place it onto the cling film on the scales.

For a Burger bun, you need to weigh about 100g. (You do not have to be too precise about the weight, just so long as they are within 10g of each other. This ensures that rolls on the same tray will need the same cooking time ~ they will also look very professional when they are baked!)

Using the cling film to help you, transfer the mixture into your other (dusted) hand, and gently pass the mixture from one hand to the other, once or twice until the surface is smoothed, and a round ball is made. You do not have to press or knead the mixture at all.

REMEMBER ~ as long as you have a little Fate All-Purpose Mix on your hands, the bread mixture will not be sticky.

Place the rolls onto a greased

baking tray, and press down slightly to make the top flat.

Place the baking tray into a large polythene bag, and tie the ends up, trapping enough air so that the polythene is lifted well above the burger buns. Leave in a warm place to prove until double in size. Bake for around 30 mins until golden brown.

Transfer to a wire rack to cool.
The burger buns freeze very well.
Defrost and warm through in a warm oven or microwave as needed and serve with Fate burgers.



NEW

Fasta Pasta

**Flavours Now Available
Curry and Tomato & Basil**

at last **a...**

Ideal for modern day living the unique new Loprofin low protein Snack Pot range from SHS.

Quick and simple to use convenience foods.

Just add boiling water and you have succulent pasta in only a few minutes, ideal as a snack or as a part of a main meal.



**... low
protein
snack pots**

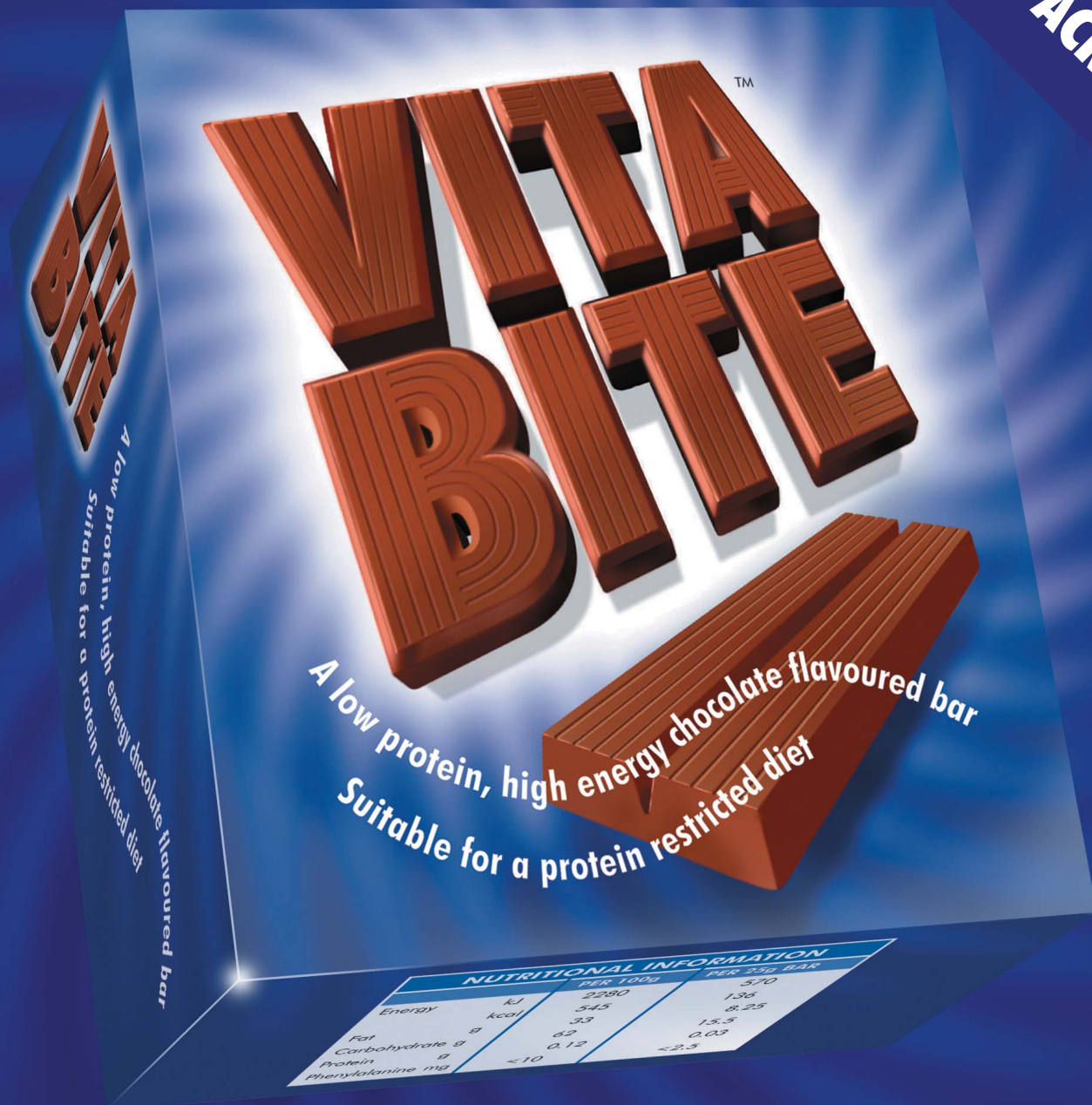
Each 47g pot contains: Energy 694kJ, 165kcal, Protein 0.9g of which phenylalanine 23mg ($\frac{1}{2}$ an exchange per pot).

For more information on Loprofin Snack Pots, please contact our Nutrition Services Department on 0151 228 1992.

SHS



**NEW
PACKAGING**



For your free easy to use novelty mould
and recipe suggestions contact Vitaflo on:
0800 515174

Recipe suggestions are also available on our website
www.vitaflo.co.uk



Innovation in Nutrition

AUSTRALIA · CANADA · FRANCE · GERMANY · IRELAND · ITALY · SCANDINAVIA · SPAIN · UK · USA

Gingerbread

Ingredients:

- 1 225g (8oz) Loprofin Low Protein Mix
- 1 2.5mlsp (½tsp) salt
- 1 75g (3oz) soft brown sugar
- 1 1 x 15mlsp (1tbsp) ground ginger
- 1 1.25mlsp (¼tsp) Bicarbonate of Soda
- 1 1.25mlsp (¼tsp) Loprofin Egg Replacer
- 1 50g (2oz) hard margarine

- 1 50g (2oz) lard
- 1 50g (2oz) black treacle
- 1 125-150ml (5-6floz) water

Oven temperature: 180°C/350°F/Gas Mark 4

17.5cm (7inch) shallow square tin, greased and base lined

Method

- ∂ Combine the dry ingredients in a large bowl.
- Σ Place the margarine, lard and treacle in a pan over a moderate/low heat, stir occasionally until melted, stir in 125ml (5floz) water.
- Π Using a wooden spoon, beat together the melted mixture and dry ingredients until a smooth batter. If necessary add remaining water, if the batter is too stiff.
- π Pour the batter into the prepared tin and level the surface, bake in a preheated oven for approximately 30 minutes, until well risen and firm to the touch.
- ∫ Cool on a wire rack.

Cuts into 16 slices.

Garlic Fingers

Ingredients:

- 1 1 packet Loprofin Low Protein Bread Rolls
- 1 75g (3oz) butter, softened
- 1 2 cloves garlic, crushed
- 1 2 x 5mlsp (2tsp) fresh chopped parsley
- 1 Salt, optional

Oven temperature: 200°C/400°F/Gas Mark 6

Method

- ∂ Cut each of the bread rolls into 6-8 fingers.
- Σ In a small bowl, mix together the butter, garlic, parsley and salt to taste, until thoroughly combined.
- Π Spread the butter mixture thickly over one side of each bread finger.
- π Place the fingers, butter side up, on a baking tray and place in a preheated oven for 10 minutes, until crisp and golden

Makes about 30 garlic fingers

Eat the fingers on their own or with dips of your choice.

NSPKU *Direct*

Help support NSPKU!

We sell a range of merchandise. Please use the form below. For postage and packing prices, see table below bottom right.

Please complete the form and return to Mike Bailey at the address shown.

Mike Bailey
NSPKU Merchandise Officer
c/o Grove Fold House
Claughton-on-Brock
Garstang, Preston
Lancashire PR3 0PU
Tel: (01995) 641119



Order Form NSPKU *Direct*

[illegible]

+ *P&P*
(see below)

£

TOTAL REMITTANCE

£

NAME: _____

ADDRESS:

POSTCODE: _____

TEL: 011 223 333 3333

☐ I would like to make a donation of £:

Please make Cheques and Postal Orders payable to 'NSPKU'

Send completed form to:

Mike Bailey

NSPKU Merchandise Officer

c/o Grove Fold House

Cloughton-on-Brock

Garstang, Preston

Lancashire

PR3 0PU

P+P COSTS:

Order value up to £2.00	50p
-------------------------	-----

Order value up to £2.00	£0
Order value £2.01-£6.00	£1

Order value £6.01-£10.00	£2
--------------------------	----

Order value £0.01-£10.00	£2
Order value £10.01-£20.00	£3

Order value over £20.01	£4
-------------------------	----

Photocopies are acceptable. These offers are subject to availability.

Loprofin

Introducing
the new

low protein

Crunch
bar



**A tasty,
crispy, low
protein bar**

A unique chocolate flavoured bar
which contains honey, raisins and
crispy bits.

Great to use on the go, in
packed lunches or simply
as a snack.

Available now!

SHS