

A few useful RECIPES

Low protein Applesauce Muffins

Light textured, beautifully browned muffins.

1 cup (110 gm) Wel-Plan Baking Mix	¼ teaspoon salt
3 tablespoons granulated sugar	3 tablespoons vegetable oil
2 teaspoons baking powder	1/3 cup water
½ teaspoon baking soda	1/3 cup (80 gm) applesauce
½ teaspoon cinnamon	

Preheat oven to 400°. In a medium mixing bowl, stir together Baking Mix, sugar, baking powder, baking soda, cinnamon, and salt. Mix together oil, water, and applesauce in a liquid measuring cup; add all at once to dry ingredients and mix by hand, 20 to 30 seconds until smooth (do not use an electric mixer). Spoon batter into six greased 2 ½ -inch muffin cups (they tend to stick to cupcake liners). Bake for 15 to 18 minutes.

Yield: 6 regular sized muffins or 12 mini-muffins.

	<i>Phenylalanine (mg)</i>	<i>Protein (gm)</i>	<i>Calories</i>
<i>Per recipe</i>	8	0.5	948
<i>Per muffin (reg or mini)</i>	1	0.1	158

Low protein cinnamon graham crackers

Very similar in taste and texture to regular graham crackers, with a fraction of the protein.

½ cup margarine or butter	1 box (400 gm) Wel-Plan Baking Mix
½ cup packed brown sugar	1 teaspoon baking soda
1 tablespoon molasses or dark Karo corn syrup	1 teaspoon cinnamon
3 tablespoons light Karo corn syrup or honey	½ teaspoon salt
¼ cup vegetable oil	

Preheat oven to 425°. In a large bowl, mix margarine and brown sugar until thoroughly creamed (no lumps of sugar should remain). Mix in molasses, corn syrup and/or honey, and vegetable oil until well blended. You may add 2 drops of yellow food coloring to make crackers that more closely approximate the color of commercial graham crackers. Stir together Baking Mix, baking soda, cinnamon, and salt; gradually blend into creamed mixture (dough will look very dry at first, but will become clay-like with additional mixture; work dough with your hands to this stage if you like).



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Divide dough into 2 parts; for each part, pat dough into a small 4- to 5- inch square on an ungreased standard size cookie sheet (13 x 11 inches) without sides. Dust with a little Baking-Mix or wheat starch, then roll out evenly, to approximately a 13 x 11-inch rectangle (dough should just fill the cookie sheet). If you have any trouble with sticking, roll out dough using plastic wrap or waxed paper on top of the dough.

Cut with a pizza cutter or sharp knife into 30 squares, leaving on baking sheet. You will probably have some ragged edges but cut so that you have nice squares. Bake the ragged edges as they are; later they can be made into crumbs for a variety of uses. Optionally, prick each cracker 3 times with a fork (or so that they look very much like commercial crackers, score each cracker very lightly down the center with a pizza cutter, being careful not to cut all the way through, then prick each half three times).

Bake at 425° for 7 to 8 minutes (do not overbake; they are most like regular graham crackers when slightly underbaked; they will crisp up nicely as they cool even though soft when right from the oven). Crackers may bubble slightly in baking; press flat with a spatula right after removing them from the oven if this happens. Recut with pizza cutter while hot, if necessary. Let crackers sit on pan for a minute or two, then remove to a cooling rack.

Yield: 60 crackers.

Storage Tip: Store in an airtight container for up to several weeks. Crackers also freeze well. Cracker dough can be made in bulk and frozen, portions to be thawed and baked at your convenience; or dough can be made up to several days in advance, refrigerated, then baked when you have time.

	<i>Phenylalanine (mg)</i>	<i>Protein (gm)</i>	<i>Calories</i>
Per recipe	63	2.2	3345
Per cracker	1	Trace	56

Low protein breadsticks or soft pretzels

*A new variation for the Best White Bread featured in
Low-Protein Cookery for PKU by Virginia Schuett.*

1 recipe Best White Bread or other bread recipe melted margarine or butter
coarse salt

Prepare dough for Best White Bread, After the 30-minute rising, knead for 3 minutes as directed. Preheat oven to 450°.

Breadsticks

Cut dough into 30 small pieces (about 25 gm each). With hands, roll each piece into a rope about 6 inches long and twist with your hands to get a “corkscrew” effect. Brush each strip with a little melted margarine, then sprinkle with coarse salt. Place strips on an ungreased cookie sheet, Do not let rise a



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second time, but immediately bake for 15 to 18 minutes, until light golden brown. The breadsticks will be chewy-soft; if you want crispy breadsticks, dry them in a 200° oven for 30 to 45 minutes.

Soft Pretzels

Cut dough into 30 small pieces. With hands, roll each piece into a rope about 10 inches long. Twist into a pretzel shape, pinching ends down. Brush each pretzel lightly with melted margarine using a pastry brush and sprinkle with a little coarse salt. Place on an ungreased cookie sheet. Bake for 15 to 18 minutes, until light golden brown.

Yield: 30 breadsticks or pretzels.

	<i>Phenylalanine (mg)</i>	<i>Protein (gm)</i>	<i>Calories</i>
<i>Per recipe</i>	176	3.8	1537
<i>Per breadstick or pretzel</i>	6	0.1	51

Adapted from *Low Protein Cookery for PKU* by Virginia Schuett, third edition.



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