

Raspberry French Toast

Total protein in recipe = 0g*

Total number of suggested servings per recipe = 1 toastie

Protein per suggested serving = 0g*

Ingredients**

2 slices Loprofin bread

2 tsp Loprofin Egg Replacer

150 mls Sno-pro

35g low protein cream cheese

25g fresh raspberries

Icing sugar to dust

Butter for frying



Method

- In a bowl mix the Loprofin Egg Replacer with the Sno-pro.
- Dip the Loprofin bread into the egg mixture on both sides.
- In a small bowl mix the low protein cream cheese and raspberries together then spread onto 1 slice of the soaked bread place the other slice on top to make a sandwich.
- Heat the butter in a frying pan over med/low heat once the butter has melted place in the sandwich fry on both sides turning every minute until the bread is golden brown.
- Remove from the heat and dust with icing sugar serve with fruit salad.

If you don't have any fresh berries you can use 2 tsp of jam You can use any fruit in this recipe ie strawberries, blueberries, blackberries. You can also add the zest of an orange or lemon to the low protein cream cheese mixture.

This recipe is intended for patients who have been prescribed Loprofin by a healthcare professional.

The Loprofin range are Foods for Special Medical Purposes for the dietary management of inherited metabolic disorders and other conditions requiring a low protein diet and must be used under medical supervision.

* The protein content indicated in this recipe is provided as a guide only. Please check the protein content on individual ingredients and product labels.

**Allergens may be present, please check individual ingredients and product labels. If concerned about allergens, please contact your health-care professional

Time to
make
15 mins