

Beetroot & Courgette Loaf

Serves: 3 loaves

1 serving = 0g protein*



Ingredients

- 500g beetroot, cooked
- 250g courgette, cooked
- 200mls Loprofin Drink
- 500g Loprofin Mix
- 1 heaped tbsp psyllium husks
- 4 tbsp olive oil
- Pinch of sugar
- 1 sachet dried yeast
- Pinch of salt



Method:

1. Lightly grease 3 1lb (0.5L) loaf tins. Preheat the oven to 220C.
2. Liquidise^ the cooked beetroot and courgette and gently warm the mixture in a saucepan.
3. Transfer the beetroot and courgette mixture to a bowl and mix with Loprofin Milk.
4. Add the dried yeast, sugar and psyllium husks to the bowl, stir and allow to stand for 10 minutes.
5. After 10 minutes, add the olive oil, Loprofin Mix and salt to the mixture and beat for 2-3 minutes.
6. Divide the bread mixture between the loaf tins and brush the tops of the loaves with olive oil.
7. Leave the dough to rise in a warm place (such as the hot press) for 30 minutes or until it doubles in size.
8. Bake in the pre-heated oven for 30 minutes or until golden brown.
9. When cooked, remove from the tin and leave to cool on a wire rack.
10. When the loaves are cooled, wrap in a layer of greaseproof paper and a layer of tin foil and freeze for up to 3 months. Unfrozen bread should be eaten within 3 days. **Tip:** Slice your bread before freezing for quicker defrosting.

This recipe was created by Michelle Skehan, a PKU Mum.

Instagram: pku_food_ideas

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

The Loprofin Range are Foods for Special Medical Purposes, for the dietary management of Inherited Metabolic Disorders, and must be used under medical supervision. This recipe is intended for adults and parents/carers of children who have been prescribed Loprofin by a healthcare professional.

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