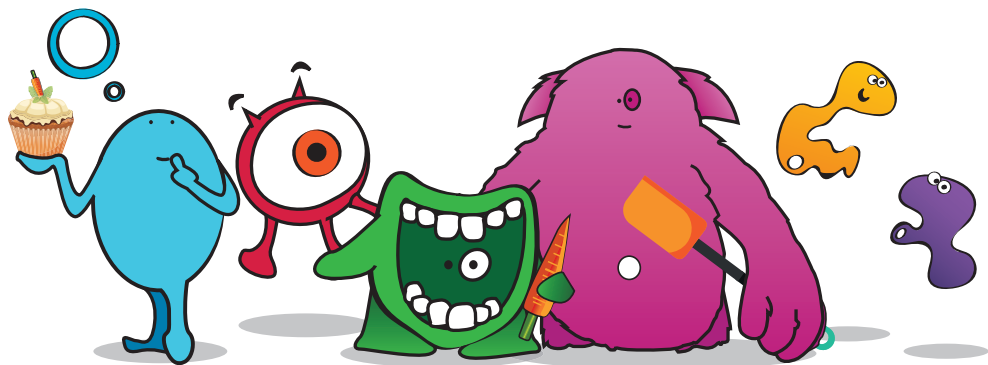


# anamix



Let's Bake!

The Anamix 6 are all in the club house wondering what to do with their day.

"I have an idea," said Big Eye "why don't we bake a cake that's really tasty and suitable for our low protein diet too?"

"Oh yes, that's sounds brilliant" said Megabyte.  
'And, I'm hungry!"

"You're always hungry!"  
Said the rest of the gang, laughing.

"OK then" said Big Eye. "Let's find the perfect recipe!"



Back in the kitchen, the gang found lots of recipes to choose from (Brains had lots of cookery books).

One recipe was everyone's favourite though.  
Low protein carrot cupcakes!

"What are the ingredients that we need?" said the Omega Twins. 'We will check the cupboards and make sure we have everything we need!"

The Anamix 6 read through the recipe for low protein carrot cupcakes very, very carefully.

"These low protein cupcakes have real carrots in them!" thought Megabyte. That made him very happy. Megabyte loved carrots.



“It’s really important that we measure everything very carefully and make sure all the ingredients are the same as those in our low protein cookbook’ said Brains. ‘Then we know that whatever we bake is perfect for our low protein diet” said Brains.

The Omega Twins measured all the ingredients and put them in the bowl for Bones to mix together. Bones was always the best at mixing ingredients together because he is the strongest of all the gang.



The ingredients have been weighed and mixed exactly, and now the low protein carrot cupcakes are in the oven.

“Are they ready yet?” asked Megabyte.  
(He was always hungry!)

“No!” Said the Anamix 6.

“They have to bake for a while yet!”

“And then we will have to decorate them”  
said Big Eye.

Megabyte had spotted a spare carrot.  
He decided that as he was very, very hungry,  
he would eat it while they waited.  
Megabyte did love his carrots!



The low protein carrot cupcakes were ready!

Brains very carefully took them out of the oven and placed them on a wire rack to cool.

“Now I think we should decorate the cakes to make them even prettier!” said Brains.

The gang all chose one cake each and decorated them in lots of different ways.

Whose would be the best?



All the cakes were now decorated and all together on one big plate. They looked fantastic!

Megabyte, who was the hungriest of all, wanted to eat his cake straight away!

"Whose cake has the best decoration though?" He said.

"Everyone's cake is the best" said Brains. He always knew what to say!

"And now, let's eat!" said Brains.

"At last" thought Megabyte.



The Anamix 6 have created a special recipe sheet so you can make your own low protein carrot cupcakes too!

To look at the recipe, you just need to visit the website and go to:

<https://www.anamix6.com/fun-stuff/>  
and click on the box that says 'Recipes'.

Let us know what you think!  
Will your cakes look as good?



## Carrot Cupcakes

Serves: 8



### Ingredients:

- 100g butter
- 100g light muscovado sugar
- 220g Loprofin Mix , plus extra for dusting
- 2 tsp Loprofin Egg Replacer
- 1 tsp cinnamon
- 40g carrots, grated
- Zest of 1 large orange
- 200ml Sno-Pro
- Suitable buttercream icing and decorating



Serving Suggestion



### Method:

1. Preheat the oven to 180°C. Line a cupcake tray with paper cases.
2. In a large bowl cream the butter and sugar together until the mixture is light and fluffy.
3. Add in the Loprofin Mix, Loprofin Egg Replacer, carrot, orange zest, cinnamon and Sno-Pro and beat until smooth.
4. Divide the mixture between the paper case and bake in the preheated oven for 15-20 minutes.
5. Allow to cool on a wire rack before decorating.
6. Store cupcakes in an airtight container for up to 3 days. Un-iced cupcakes can be frozen for up to 3 months.



Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.  
The Loprofin Range and Sno-Pro 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 patients who have been prescribed Loprofin and Sno-Pro 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.



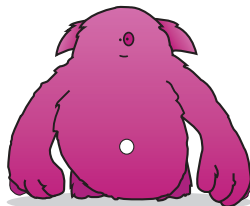
Brains



Big Eye



Megabyte



Bones



Omega Twins

**Connect with us:**



[facebook.com/LowProteinConnect](https://facebook.com/LowProteinConnect)



[LowProConnect](https://LowProConnect)



[@LowProConnect](https://@LowProConnect)

Email: [metabolic@nutricia.com](mailto:metabolic@nutricia.com)