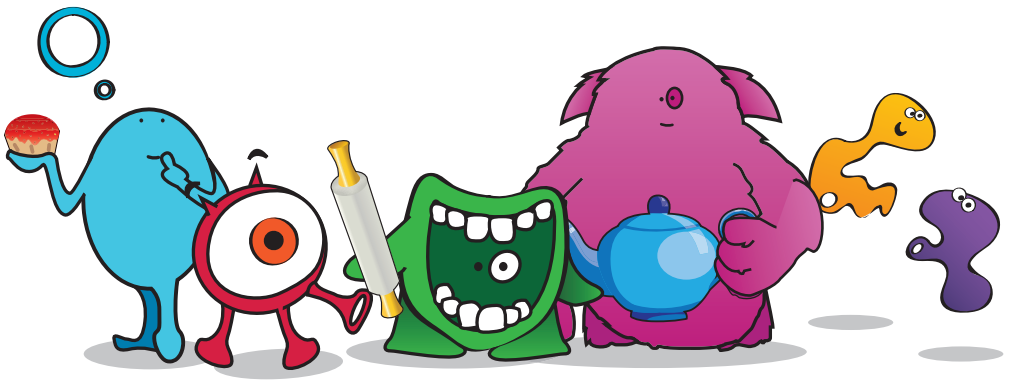


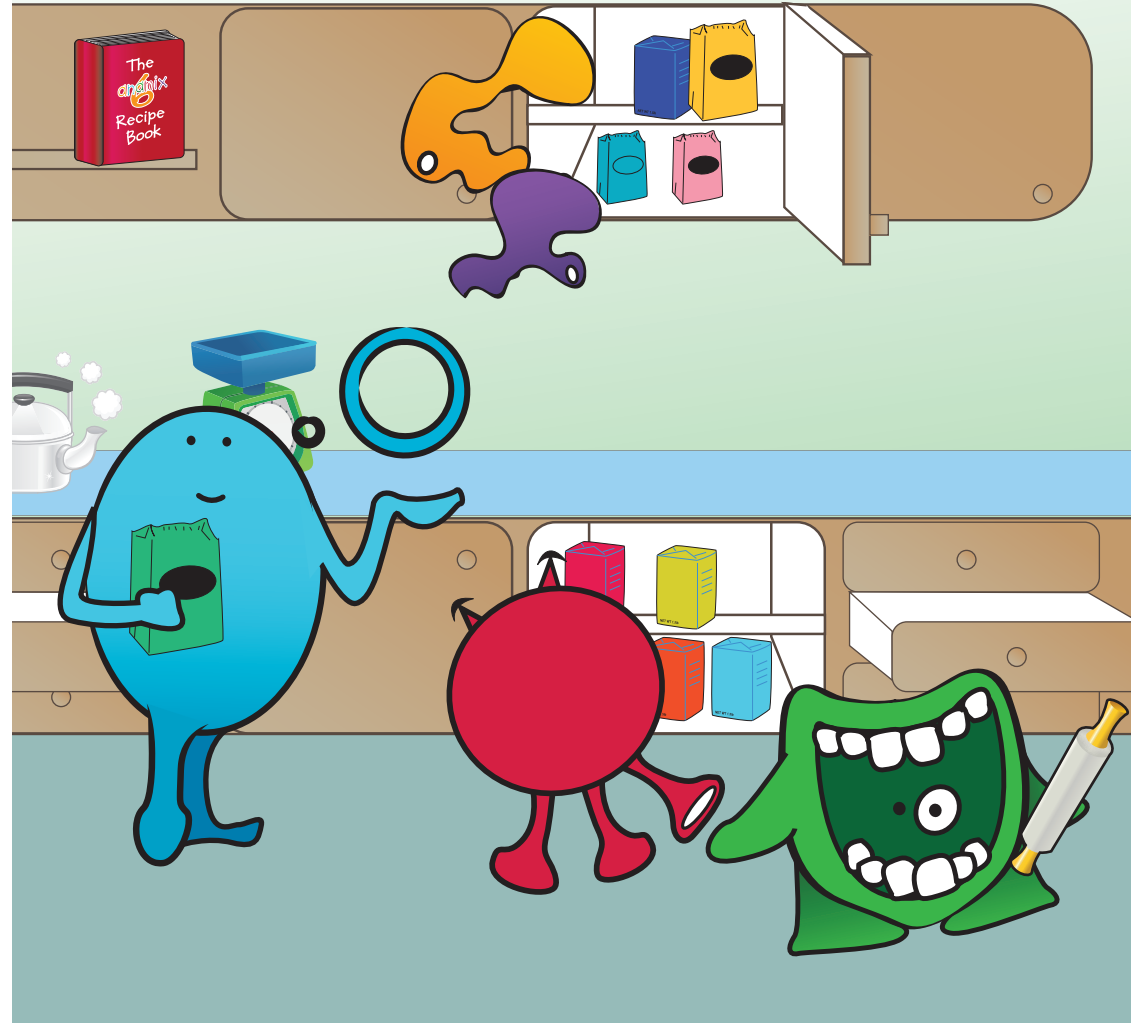
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The Cookery Lesson

The Gang are in the Club House kitchen getting some ingredients together for a very special day at school. They are having a cookery lesson!

"What will we be making today?"
said Megabyte.



"I've got the recipe here" said Brains. "We are going to make some delicious fruit scones.

We will need to change a few of the ingredients though!"

Brains and the rest of the Gang checked that they had all the replacement ingredients they needed to make them low in protein.

"Ok, we're ready!" said Brains.

"Let's get cooking!"

Loprofin Mix and Loprofin Egg Replacer are Food for Special Medical Purposes for use under medical supervision.



School Recipe: Fruit Scones

(Makes 8 scones)

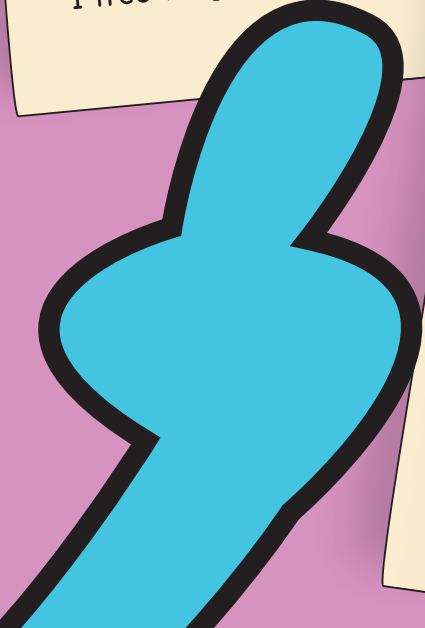


225g (9oz) strong white flour
50g (2oz) softened butter
50g (2oz) caster sugar
2 free-range eggs
1 tsp baking powder
40g (1½ oz) cut mixed peel
100ml milk
1 free-range egg (for glazing)



Megabyte's Low Protein Fruit Scones

(Makes 8 scones)



225g (9oz) Loprofin Mix
50g (2oz) butter
50g (2oz) caster sugar
2 tsp Loprofin Egg Replacer
1 tsp baking powder
1 tsp ground mixed spice
40g (1½ oz) cut mixed peel
100ml Sno Pro

In the cookery lesson, the Gang followed the recipe, changing some of the ingredients with the special replacement they had brought with them.

Megabyte wanted to be the one in charge of cutting out the scones. Probably because he was the hungriest.

Megabyte was always hungry!



The scones then went in to a really hot oven.
The cookery teacher helped them do this
with some special oven gloves.

“Are they ready yet?” said Megabyte.

“They will take about 10 minutes to cook”
said the teacher.

“10 minutes feels like a long time when you’re
as hungry as I am” thought Megabyte.



Finally the scones were cooked! The teacher helped to take them out of the oven.

“They look lovely” said Megabyte.
“Can we eat them now?”

“You need to let them cool down first” said the teacher. Megabyte was very disappointed!

“Let’s take them back to the Club House and have an after-school snack” said Brains. The Gang all thought this was a brilliant idea.

“How long will it take us to get home?”
said Megabyte.



Back at the Club House it was time for their afternoon snack! Big Eye made a big pot of tea for everyone and they all tucked in to their home made scones.

"These are so tasty" said the Omega Twins.
"They are the best I've ever eaten" said Brains.
"Yummy yummy" said Bones.
"So delicious!" said Big Eye.

"Are there any left for me?" said Megabyte.



BYTE SIZE!

Megabyte's favourite
low protein recipes

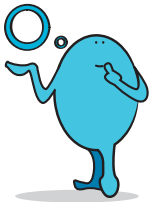
from the
anamix

With
step-by-step instructions
to make at home

It's got lots
of tasty recipes

A pink, fluffy cartoon creature with a single large eye and a small smile, set against a yellow background with a blue banner at the top. The creature has a soft, fuzzy texture and large, pointed ears. The blue banner at the top contains the text "to make" in white.

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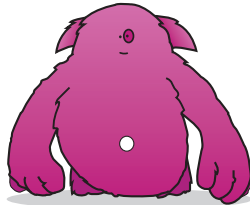
Brains



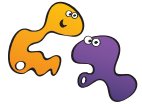
Big Eye



Megabyte



Bones



Omega Twins