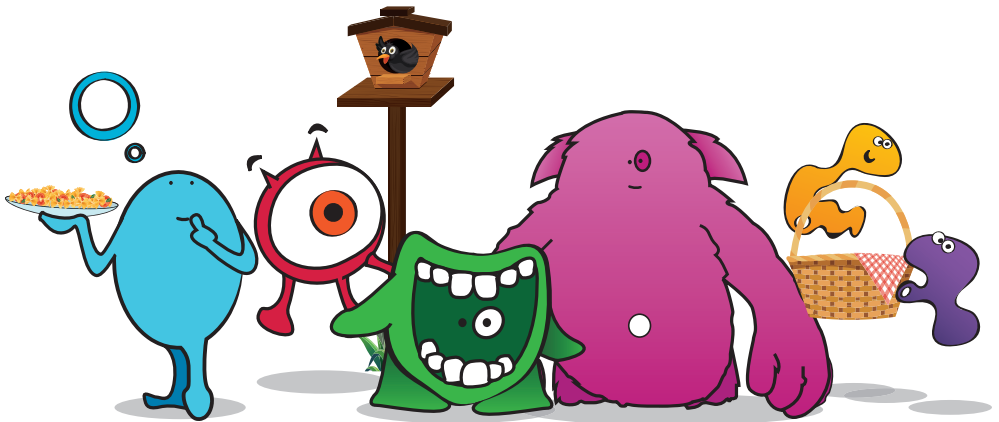


# anamax



The Garden Picnic

It was a beautiful, sunny day and the Anamix 6 were all in the club house.

"What shall we do today?" said Brains.

"Shall we clean the windows?"

"Oh no!" said the gang together!

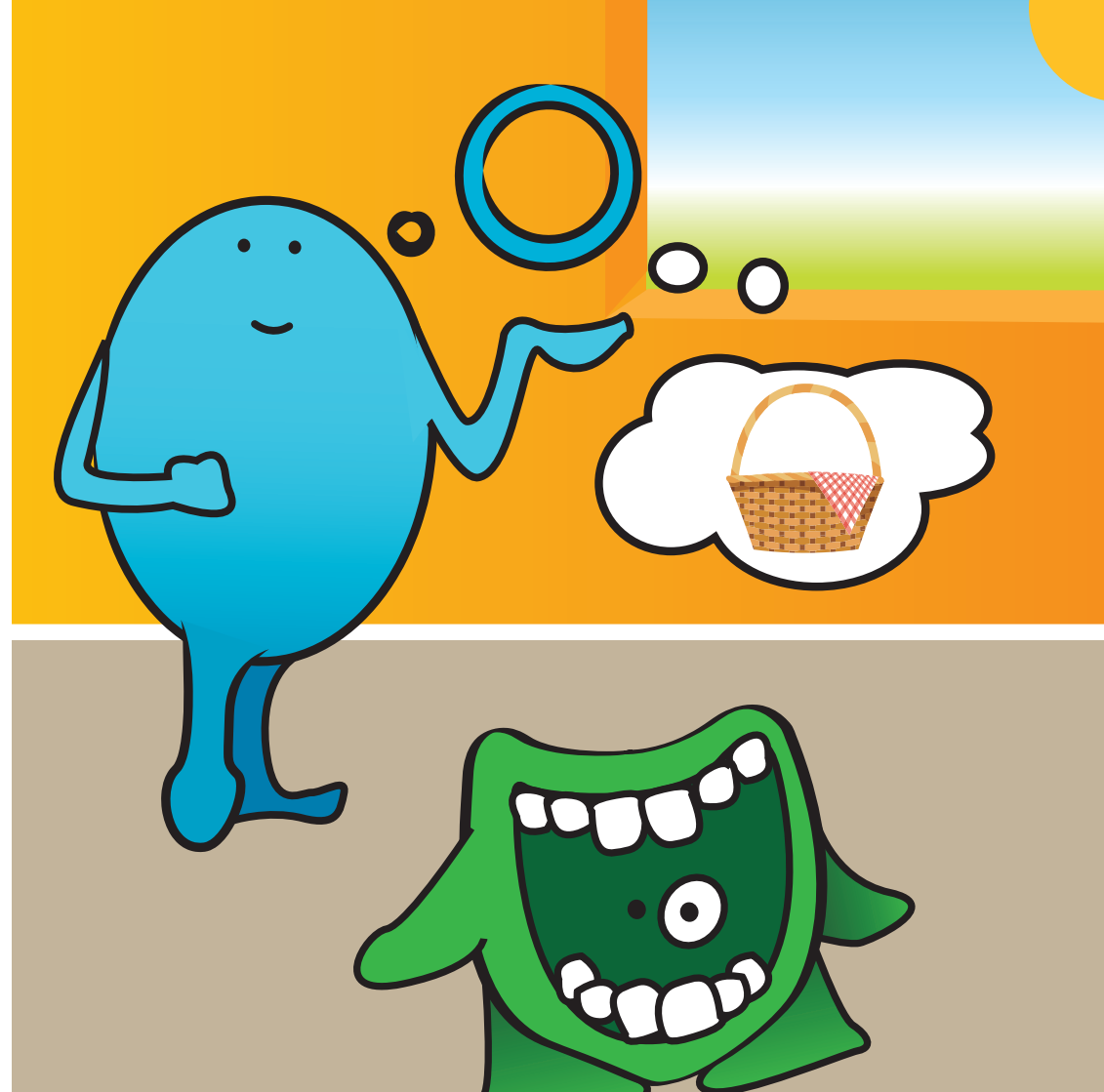
"Shall we sweep the floors?" said Brains.

"Not again!" said the gang.

"Shall we have a picnic?" asked Brains.

"Yes, yes, yes!" said everyone.

"OK" said Brains, 'Let's have a picnic!"

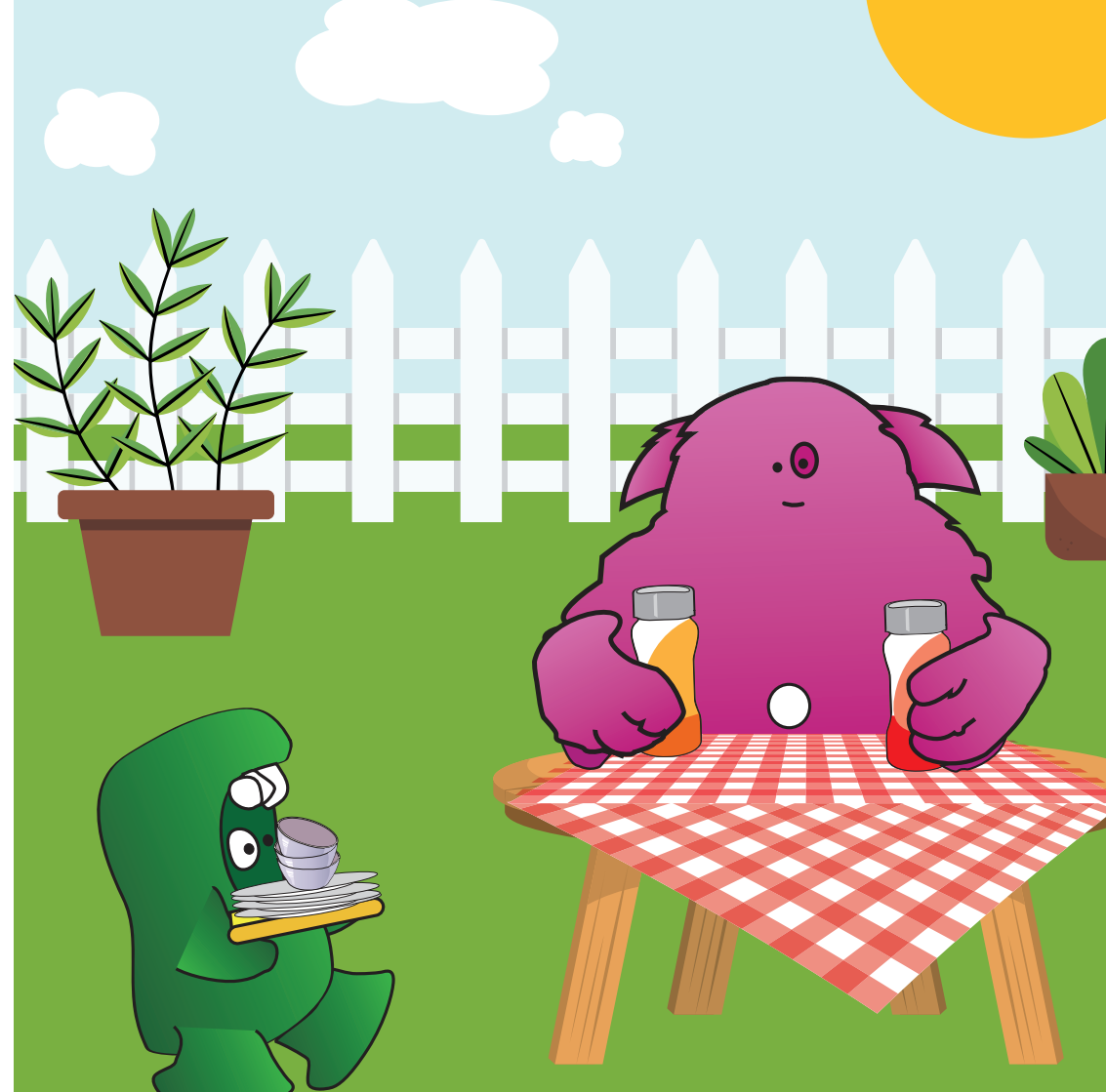


Bones and Megabyte went out to the garden  
to get it ready for the big picnic!

Bones carried the garden table and put it on  
the grass. Bones was the strongest so this  
was easy for him!

"Have we got knives, forks, plates and  
cups?" said Bones.

"We have everything!" said Megabyte.  
"Now all we need is food!"



Meanwhile in the kitchen, the rest of the gang are preparing the food for their picnic.

Brains has found their favourite recipe book.  
"There are always lots of lovely things to eat in this book" he said.

"How about this one... low protein creamy pasta salad and low protein sweet potato wedges?"

"Perfect for a sunny day!" said Big Eye.  
"What are the ingredients?"

Brains began to read out the recipe and the rest of the gang hurried around the kitchen cupboards, making sure that they had everything they needed.





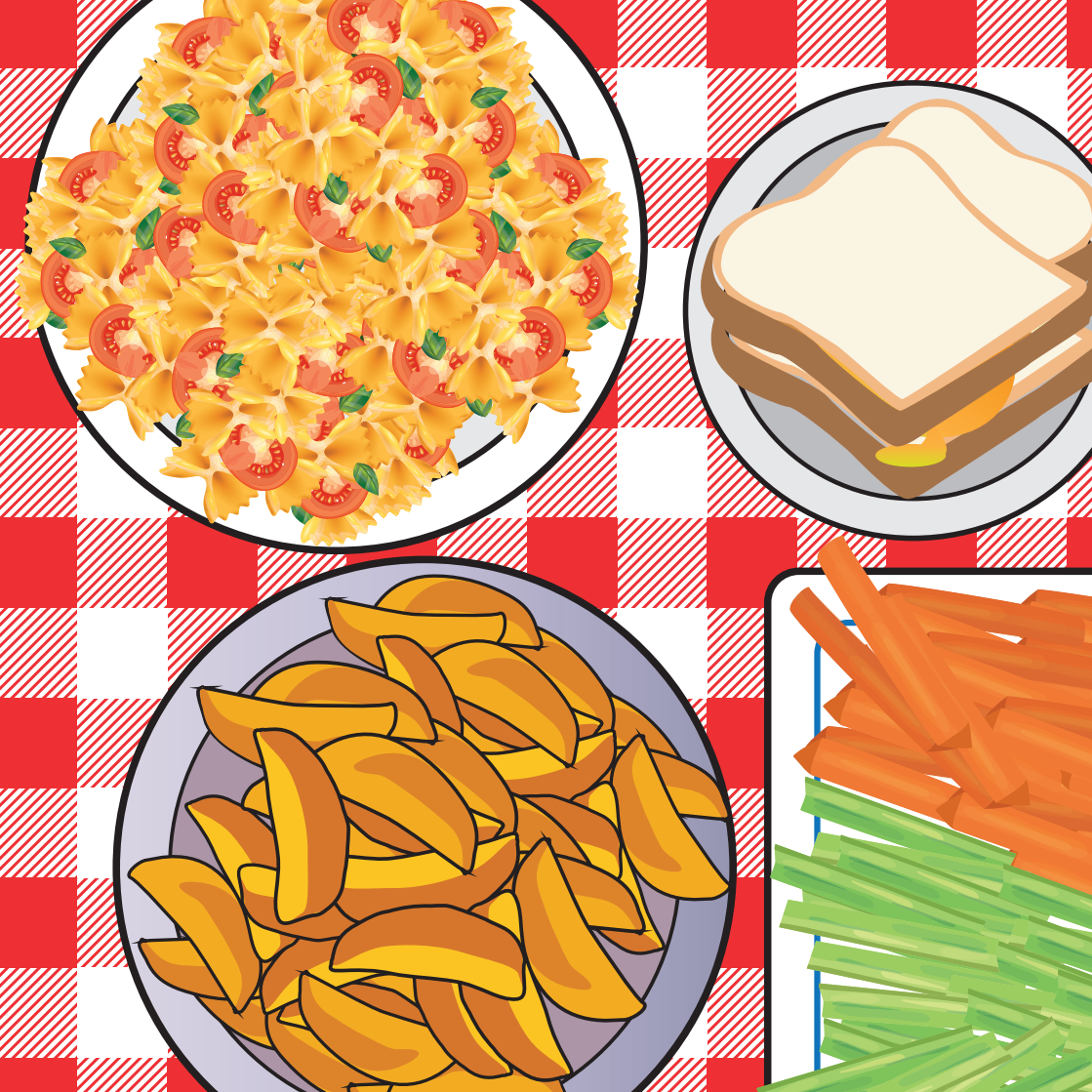
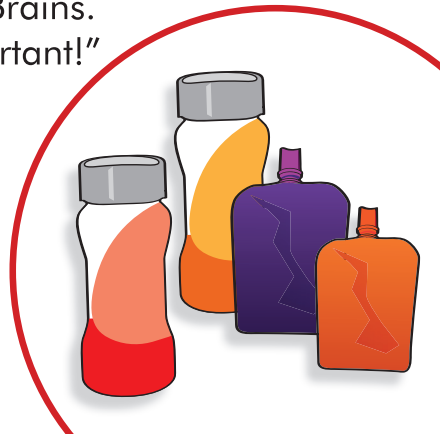
Out in the garden, the gang sat down  
to the perfect picnic feast!

"We've made low protein salads and  
low protein sandwiches" said Brains.

"And low protein sweet potato wedges  
and veggies!" said the Omega Twins.

"Don't forget about our protein substitute  
drinks too!" said Big Eye.

"You're right" said Brains.  
'They are very important!'"



The Anamix 6 then had the most amazing picnic in the club house garden.

Let's play games now!" said Big Eye.  
You should always play games at a picnic!  
Hide & Seek is my favourite!"

"We like counting clouds!" said the Omega Twins.

"Oh yes please, I like counting things" said Brains

"What is your favourite thing to do at a picnic?"  
said Bones to Megabyte.

"Eat food!" said Megabyte.

Can you find all  
the Anamix 6 in  
the picture?



"So what is your favourite picnic food?"  
asked Brains ....

"Low protein ginger biscuits"  
said the Omega Twins, 'they're yummy!"

"Low protein sweet potato wedges" said Bones,  
'Do we have any left?"

"Carrot sticks!" said Megabyte,  
'and not just at a picnic!"

"Low protein creamy pasta salad!" said Big Eye.  
"How did you make it?"

"Oh that's easy' said Brains...



Would you like to make Brains' low protein creamy pasta salad?

Visit the Anamix 6 website and click on the 'Photos & Fun Stuff' section. You'll find the recipe there, along with a few others that you might like!

If you have a favourite low protein recipe you'd like to share with the Anamix 6 then send it to the gang at [metabolic@nutricia.com](mailto:metabolic@nutricia.com)

See you again soon!



### Creamy Pasta Salad

0 exchange



 **Ingredients (Serves 2):**

- 150g (6oz) **Loprofin Penne**, cooked
- 50g (2oz) cherry tomatoes
- 50g (2oz) chopped olives, pitted
- 2 tbsp fresh chives
- 1 handful of fresh basil, chopped
- 1 garlic clove, crushed
- 50g (2oz) cucumber
- 50g (2oz) salad cream\*
- Salt and pepper

**Method:**

...ives, chives, basil, garlic and cucumber into the pasta and add to a large bowl. ...nd salad cream to the bowl and

### RECIPES





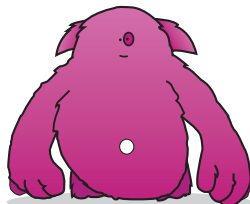
Brains



Big Eye



Megabyte



Bones



Omega Twins

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