

Feel balanced. Feel better.™

CAMBROOKE™

GLYTACTIN BUILD™

Recipe Book

Enjoy breakfast, lunch and dinner with Glytactin Build



Eat Well, Live Well.



Cambrooke's latest GMP-based protein substitutes for PKU now contain 1mg Phe per 1g protein:

10 GLYTACTIN BUILD 10™

20 GLYTACTIN BUILD 20/20™

New & Improved!

- ✓ **Phe** - Glycomacropeptide (GMP) based protein contains 1mg Phe per 1g PE
- ✓ **Calories** - 50kcal and 100kcal per packet (10g and 20g)
- ✓ **Carbohydrates** - 2g and 5g per serving (10g and 20g)
- ✓ **Total sugars** - 0g per serving, no artificial sweeteners
- ✓ **No artificial colours or flavours**

**1mg Phe
per 1g PE**



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IMPORTANT: Each recipe makes one meal. The full meal must be consumed to count towards your daily protein intake.

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Breakfast

Apple & Blackberry Bowl

Ingredients

Glytactin Build

- 150g blackberries
- 1 large banana, peeled and frozen
- 150ml fresh orange juice
- 1/2 green apple, finely sliced or grated



5 MINS



SERVES 1

Method

In a blender, add [Glytactin Build](#), banana, blackberries and orange juice. Pulse until combined. Pour the smoothie mix into a bowl and decorate with blackberries, banana and green apple.

Enjoy with a fruit tea.



If using [Build 10/10](#):

317
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

367
kcal

20mg
phe

20g
PE

Banana Muffin

Ingredients

Glytactin Build

- 1/4 medium banana, mashed
- 15g low protein flour
- 15g brown sugar
- 1 tbsp vegetable oil
- 1 tbsp rice milk*
- 1/4 tsp baking powder
- 1/4 tsp vanilla extract
- 1 tsp honey or syrup



25 MINS



SERVES 1

Method

Pre-heat oven to 180°C. Line one large muffin tin.

Mash banana in a bowl with the sugar and vanilla.

Add **Glytactin Build**, baking powder and flour and mix until combined.

Add oil and stir. Add rice milk and stir. Add more rice milk as required.

Pour batter into muffin tin.

Bake for 20 minutes or until golden brown.

Once cooked, brush over syrup or honey and serve.



If using **Build 10/10:**

264
kcal

10mg
phe

10g
PE

If using **Build 20/20:**

314
kcal

20mg
phe

20g
PE

Calories based on using potato flour in recipe. Adjust according to the flour used.

Island Smoothie

Ingredients

Glytactin Build

120g pineapple, peeled and diced
80ml ginger ale
40ml fresh orange juice
120g ice cubes



5 MINS



SERVES 1

Method

Place pineapple, orange juice, ginger ale and 60g ice in blender. Pulse until smooth.
Add [Glytactin Build](#) and pulse until evenly blended.
Serve over remaining ice.



If using [Build 10/10](#):

157
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

207
kcal

20mg
phe

20g
PE



Soup

Vegetable Soup

Ingredients

Glytactin Build

70g leek, diced

70g courgette, diced

70g red pepper, diced

Clove of garlic, crushed

1/2 tsp thyme

1/2 tin chopped tomatoes

200ml vegetable stock

Salt, pepper, tabasco

1 1/2 tbsp olive oil



35 MINS



SERVES 1

Method

In a saucepan, sauté the leek, courgette and red pepper in olive oil for 5 minutes. Add the garlic, salt, pepper and thyme and fry for a further 5 minutes.

Add chopped tomatoes and [Glytactin Build](#) and stir for a further 2 minutes.

Season the vegetable stock with salt, pepper and tabasco and pour over the fried vegetables.

Bring to the boil and then simmer for 10-15 minutes or until vegetables are cooked through.



If using **Build 10/10:**

383
kcal

10mg
phe

10g
PE

If using **Build 20/20:**

433
kcal

20mg
phe

20g
PE

Courgette & Mint Soup

Ingredients

Glytactin Build

- 1/2 large courgette, diced
- 175ml vegetable stock
- 2 sprigs mint
- 1/2 onion, chopped
- 1 tsp olive oil



25 MINS



SERVES 1

Method

In a small saucepan, fry the onions in olive oil for 2-3 minutes on a high heat until soft.

Add the [Glytactin Build](#) to the onions and stir.

Add the mint, courgette and vegetable stock to the pan, and bring to the boil.

After 5-7 minutes, cool, blend and serve!

Serve with your favourite low protein bread or on its own.



If using **Build 10/10:**

165
kcal

10mg
phe

10g
PE

If using **Build 20/20:**

215
kcal

20mg
phe

20g
PE

Red Pepper Soup

Ingredients

Glytactin Build

- 1/3 tin chopped tomatoes
- 1 ½ red peppers, sliced
- 150ml veg stock
- ½ small onion, chopped
- 1 clove garlic, crushed
- 1 tsp olive oil



20-55 MINS



SERVES 1

Method

Bake red peppers in oven at 180°C for 30-40 minutes. Alternatively, microwave the peppers for 5 minutes. On a high heat, fry 1/2 tbsp. olive oil in a saucepan. Add the onion and garlic and stir for 2 minutes. Add the peppers, tomatoes and Glytactin Build to the onions and stir for a further 2 minutes. Add the vegetable stock, bring to the boil and stir for a further 10 minutes. Cool and blend.

Serve with low protein bread or toasted croutons.



If using **Build 10/10**:

210
kcal

10mg
phe

10g
PE

If using **Build 20/20**:

260
kcal

20mg
phe

20g
PE



Main Meal

Jackfruit Baked Potato

Ingredients

Glytactin Build

½ tin jackfruit

1 small or ½ large sweet potato

50g Violife Original Block Cheese, grated

50g tomato pasta sauce (e.g. Dolmio Original)

1 tbsp soured cream (Old El Paso)

Coriander

Salt, pepper

1 tsp olive oil



35-55 MINS



SERVES 1

Method

Bake sweet potato for 30-40 minutes at 220°C. Alternatively pierce and microwave for 5-7 minutes until cooked through.

Break up the jackfruit pieces into a bowl until shredded.

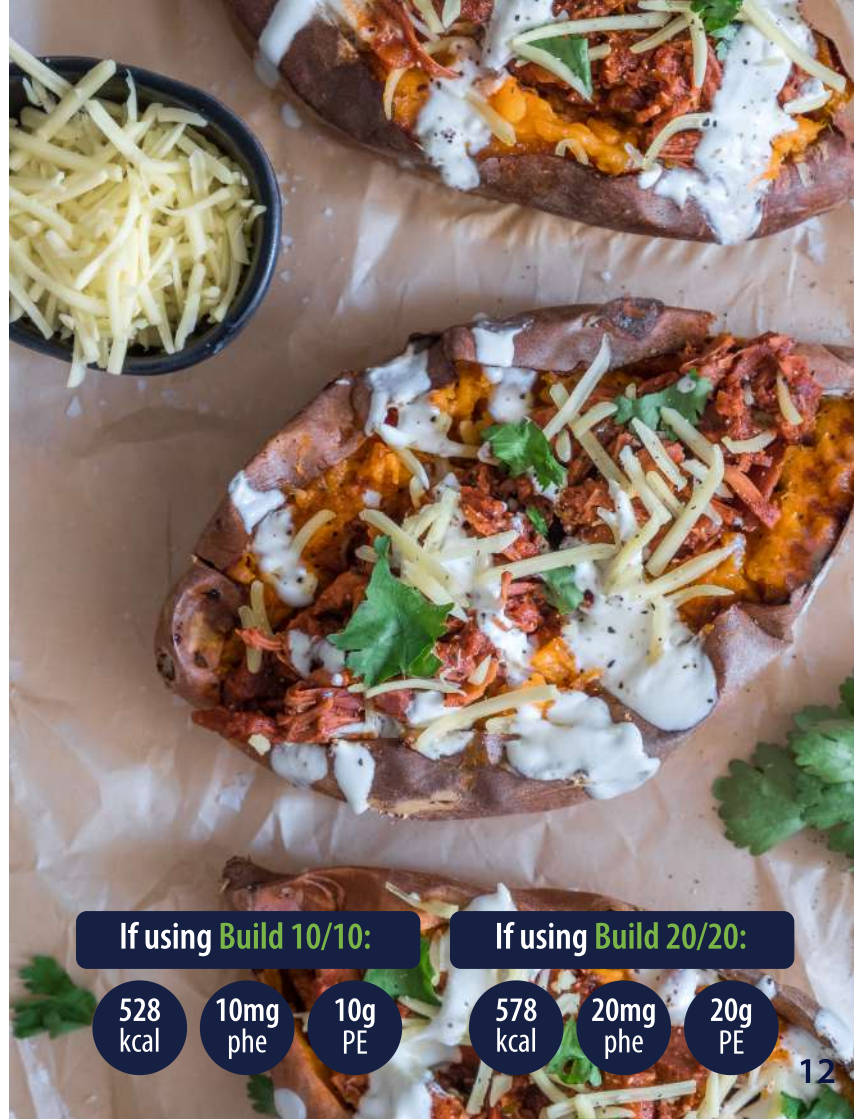
Fry jackfruit in 1/2 tsp oil for 3-4 minutes.

Add the tomato sauce and **Glytactin Build** to the jackfruit and stir for 3-4 minutes.

Cool, lay out on a baking sheet and bake for 20 minutes at 190°C.

Remove from oven and add to cooked potato.

Garnish with cheese, soured cream and coriander.



If using **Build 10/10**:

528
kcal

10mg
phe

10g
PE

If using **Build 20/20**:

578
kcal

20mg
phe

20g
PE

Spaghetti with Garlic Pesto

Ingredients

Glytactin Build

80g low protein spaghetti
3 tbsp extra virgin olive oil
30g Violife Prosociano, thinly grated
1 large clove garlic, crushed
3-4 sprigs basil, thinly diced
Salt, pepper



20 MINS



SERVES 1

Method

Boil low protein spaghetti according to instructions on the packet. Rinse, drain and leave to one side.

In a blender, add the [Glytactin Build](#), garlic, basil, oil and parmesan. Pulse until smooth.

In a large frying pan toss the spaghetti with the blended ingredients.

Stir on a medium heat for 3-4 minutes.

Serve with low protein garlic bread.



If using [Build 10/10](#):

623
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

673
kcal

20mg
phe

20g
PE

Estimate calories only. Recalculate based on low protein spaghetti used.

Moussaka

Ingredients

Glytactin Build

1/2 aubergine, thinly sliced
1/2 red pepper, thinly diced
1/2 sweet potato, thinly sliced
2 tbsp vegetable oil
1/2 red onion
1 clove garlic, crushed

1/2 tin chopped tomatoes
1 tbsp tomato puree
50g Violife Creamy Spread
50g Violife Prosociano, grated
1 tsp cinnamon
1 tsp oregano
Salt, pepper



1 1/4 HOURS



SERVES 1

Method

Preheat oven to 190°C.

Coat aubergine and potatoes in 1 tbsp oil, season and bake for 30-40 minutes. Turn over half way through cooking.

In 1 tbsp oil, sauté the onions, peppers and garlic for 2-3 minutes.

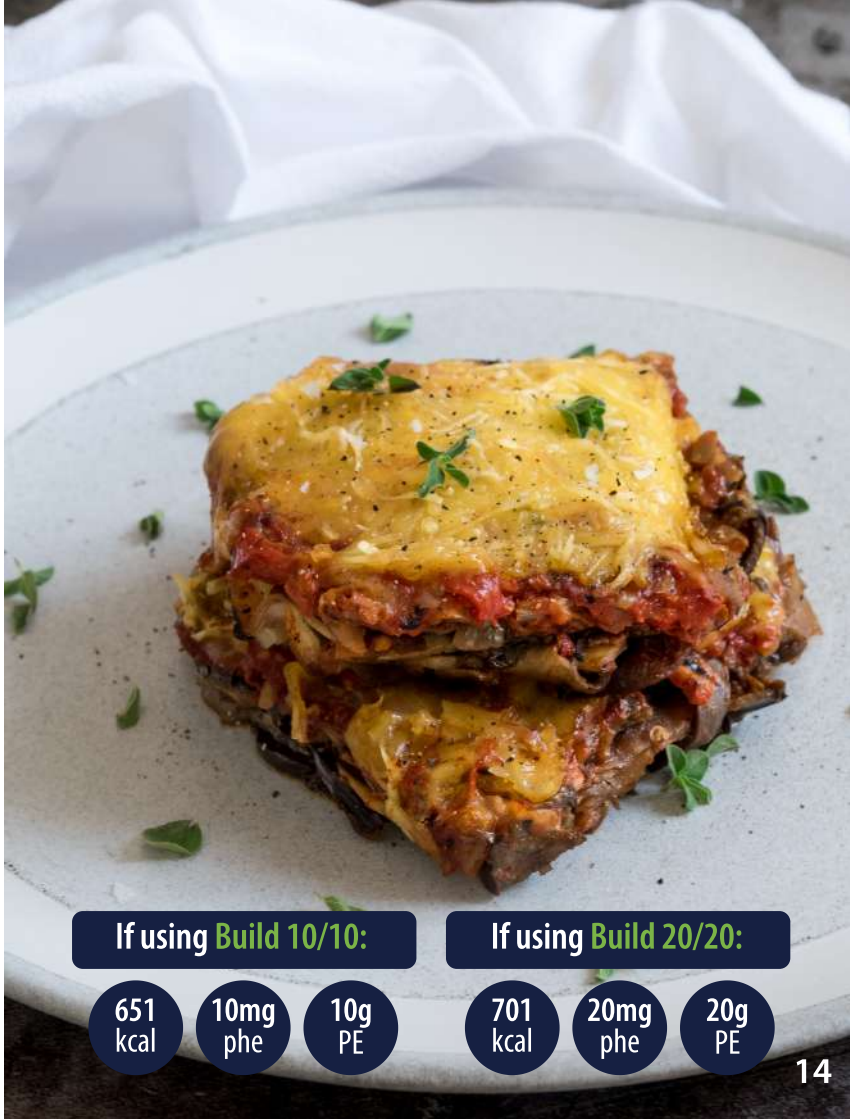
Add tomatoes, puree and **Glytactin Build** and cook for 10 minutes.

Season with cinnamon and oregano.

Layer the cooked potato and aubergine in a small greased baking dish with the tomato sauce.

Spoon the cream cheese on top and sprinkle over the parmesan.

Bake at 190°C for 10 minutes. Grill for 8 minutes until golden brown.



If using **Build 10/10:**

651
kcal

10mg
phe

10g
PE

If using **Build 20/20:**

701
kcal

20mg
phe

20g
PE

Butternut Squash & Potato Gratin

Ingredients

Glytactin Build

150g butternut squash, thinly sliced
150g sweet potato, thinly sliced
75ml rice milk*
60g Violife Creamy Spread
1 large garlic clove, chopped
5g fresh thyme
1 1/2 tbsp vegetable oil
Nutmeg, salt, pepper



1 HOUR



SERVES 1

Method

Preheat oven to 180°C.

Heat oil in a saucepan, fry the garlic and pour in milk and Violife Creamy spread. Stir until smooth, then add [Glytactin Build](#). Add more milk and cheese spread if needed.

Add the potato and squash slices to the cream, bring to the boil and season with thyme, grated nutmeg, salt and pepper.

Layer potato in a baking dish and pour the milk liquid on top. Bake for 45-50 minutes. Garnish with thyme.



If using [Build 10/10](#):

601
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

651
kcal

20mg
phe

20g
PE

Couscous Bolognese

Ingredients

Glytactin Build

100g red/yellow peppers, diced
50g courgette, diced
50g onions, diced
1 clove garlic, sliced
1 tbsp olive oil
1/2 tin tomatoes
1/2 tsp turmeric

2 tbsp balsamic vinegar
2 tbsp maple syrup
120ml vegetable stock
80g low protein couscous
Salt, pepper



25 MINS



SERVES 1

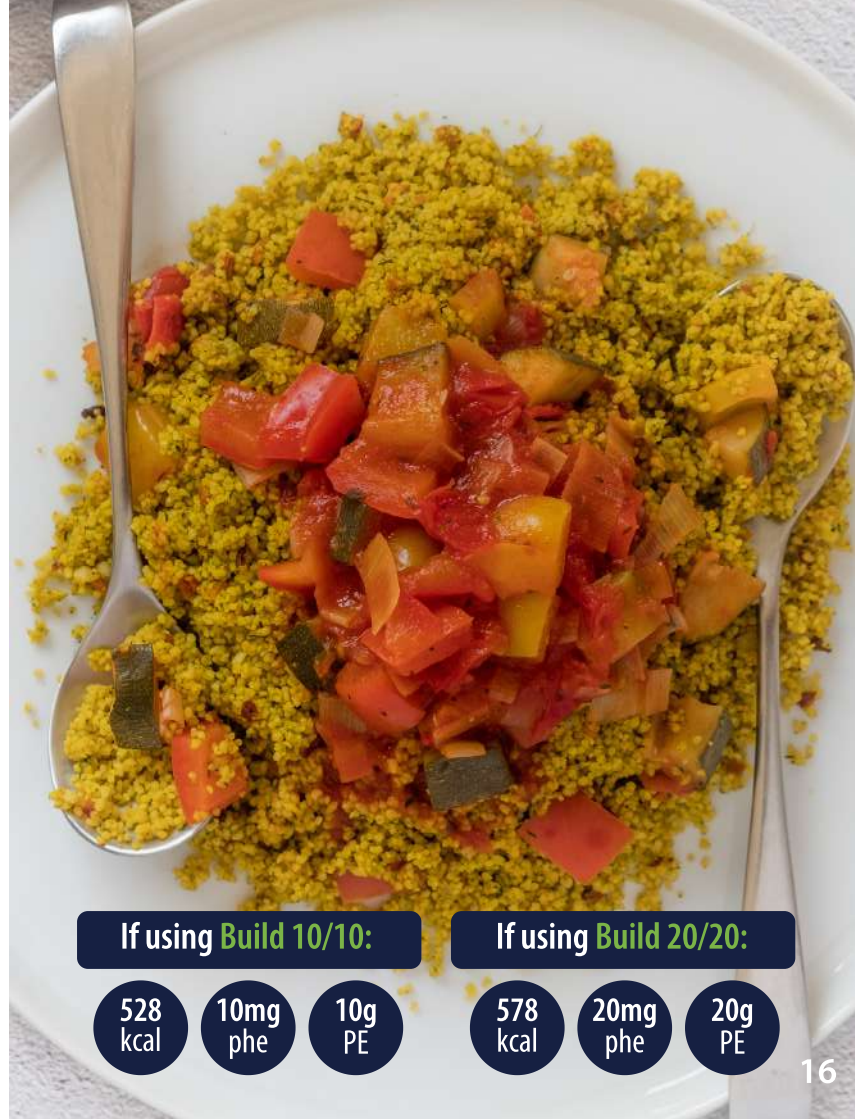
Method

Fry the peppers, courgette, onions and garlic in oil for 2-3 minutes. Add the tomatoes, [Glytactin Build](#), balsamic vinegar, 50ml stock and maple syrup.

Season and cook gently for 6-8 minutes.

In a separate bowl, pour the remaining 100ml stock over the couscous. Add turmeric and season. Mix everything well and let it soak for 3-4 minutes.

Place the couscous in a heap and spoon the vegetable bolognese sauce on top.



If using [Build 10/10](#):

528
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

578
kcal

20mg
phe

20g
PE

Courgette Fritters

Ingredients

Glytactin Build

- 1 courgette, grated
- 30g potato flour or low protein flour
- ½ small onion, finely chopped
- 1 tbsp. mayonnaise
- Lime wedge
- 1 tbsp olive oil



15 MINS



SERVES 1

Method

Microwave or fry the courgette and onion for 2-3 minutes until softened.
Cool slightly and then place on kitchen roll to get rid of excess water. Remove the kitchen roll and place in a bowl.
Add the [Glytactin Build](#) and flour to the courgette mix and season with salt and pepper.
Allow to cool and roll into four small cakes. Then squash them to resemble burger patties.
Fry oil in a frying pan for 2 minutes. Then add the cakes to the hot oil and fry on both sides for 5-7 minutes.
Serve with a lime wedge and mayonnaise.



If using [Build 10/10](#):

388
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

438
kcal

20mg
phe

20g
PE

Calories based on using potato flour in recipe. Adjust according to the flour used.



Dessert

Fudgicle

Ingredients

Glytactin Build

2 tbsp/30g Chocolate Angel Delight™

60ml water



5 MINS



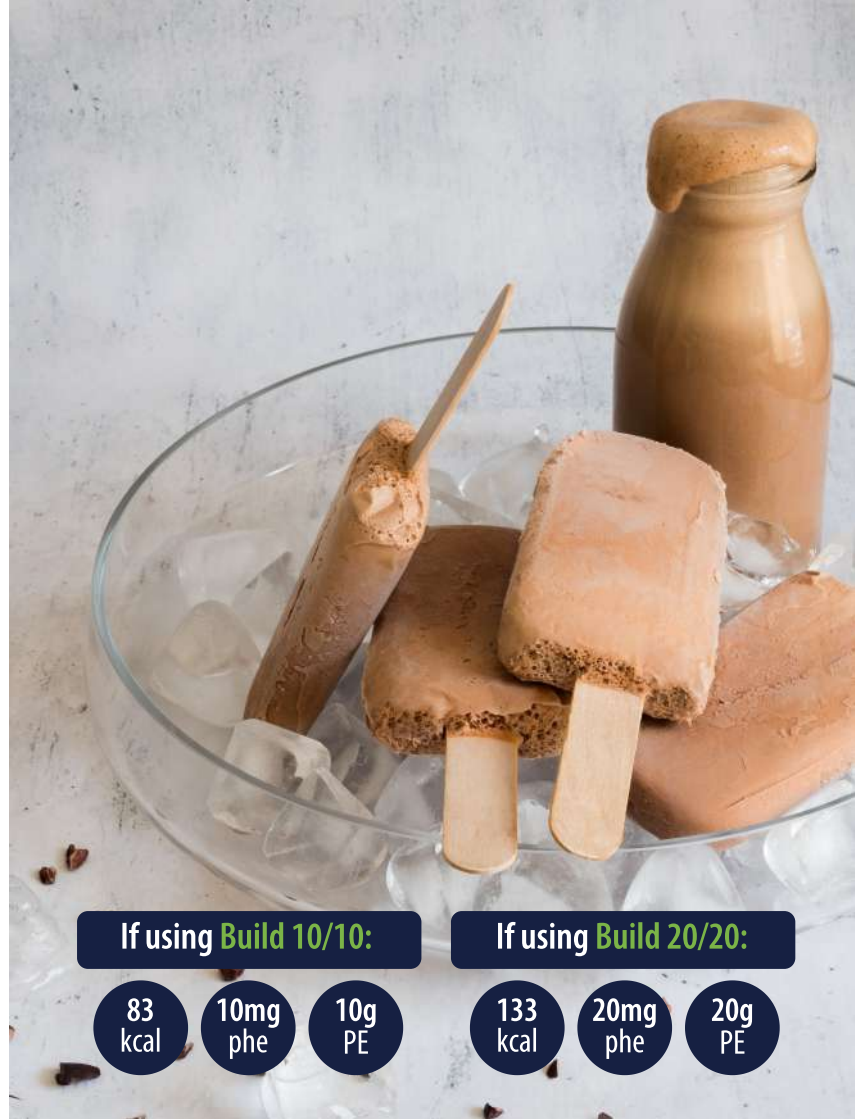
SERVES 1

Method

Beat ingredients with a whisk for 2 minutes.

Pour into ice-pop mould or paper cup and insert wooden popsicle stick in the centre of the cup.

Freeze for 5 hours or until firm.



If using **Build 10/10:**

83
kcal

10mg
phe

10g
PE

If using **Build 20/20:**

133
kcal

20mg
phe

20g
PE

Choc-Chip Ice Cream

Ingredients

Glytactin Build

120ml water

2 tbsp vanilla blancmange

30g mini low protein chocolate chips



15 MINS



SERVES 1

Method

Blend [Glytactin Build](#), water and blancmange. Mix vigorously with a wire whisk until mixture is smooth and creamy.

Add chocolate chips and pour into miniature ice cream maker and follow manufacturer's instructions.

For firmer ice cream, place in freezer for several hours.



If using [Build 10/10](#):

223
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

273
kcal

20mg
phe

20g
PE

Banana Pancakes

Ingredients

Glytactin Build

- 1 small banana
- 2 tbsp. low protein flour
- 120ml rice milk*
- 1 tbsp. melted butter
- 1 tbsp. maple syrup



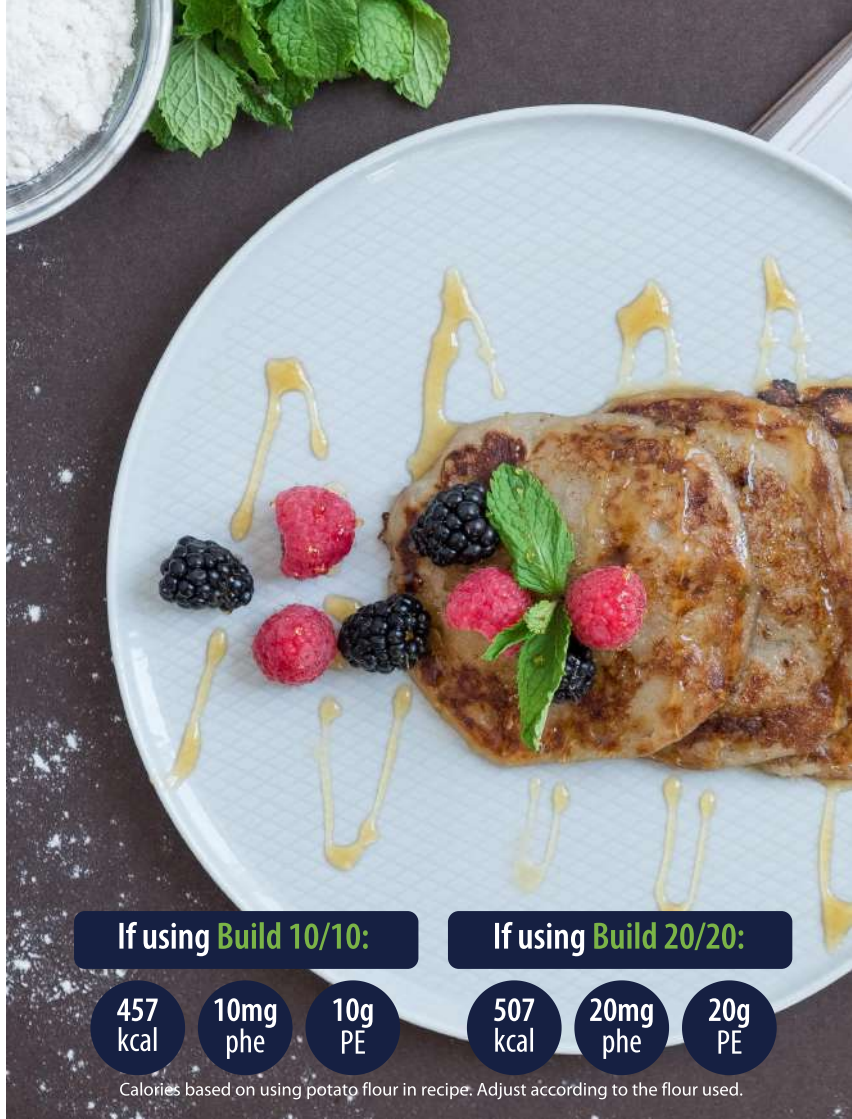
15 MINS



SERVES 1

Method

In a mixing bowl, mash up the banana. Add the flour, [Glytactin Build](#) and half of the melted butter. Gradually add the rice milk until you have a thick pancake paste. Add more milk if you prefer thinner crepes. In a large frying pan and on a medium heat, add the other half of the butter. Take one heaped tablespoon of mixture and add to the pan to make one pancake. Repeat until you have used up all of the mixture. Flip over the pancakes after 1-2 minutes, and keep flipping them until golden brown. Serve with the maple syrup.



If using **Build 10/10:**

457
kcal

10mg
phe

10g
PE

If using **Build 20/20:**

507
kcal

20mg
phe

20g
PE

Calories based on using potato flour in recipe. Adjust according to the flour used.

Vanilla Custard with Berries

Ingredients

Glytactin Build

- 1 tbsp Bird's custard powder
- 1 tbsp sugar
- 250ml rice milk*
- 1/2 tsp vanilla extract
- Berries to garnish



10 MINS



SERVES 1

Method

In a microwavable bowl, mix the custard powder, sugar and [Glytactin Build](#).

Add 1 tbsp of the milk and vanilla to make a paste and then add the remaining milk.

Cover and microwave for a minute at a time, stirring at each interval. Once thick, pour into serving dish.

Top with hot or cold berries.



If using [Build 10/10](#):

278
kcal

10mg
phe

10g
PE

If using [Build 20/20](#):

328
kcal

20mg
phe

20g
PE

*Rice milk is not suitable for children under 5 years. For children 5 years and over use a maximum of 400ml per day. Rice milk is NOT suitable in pregnancy.

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