

MODIFIED GLYCOMACROPEPTIDE

20  
20

**GLYTACTIN<sup>®</sup>**  
**BUILD**

*Smooth*

# Recipe Book



Eat Well, Live Well.



# CAMBROOKE™

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Life with flavour  
 20g PE 110 kcals 20mg phe



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**20** GLYTACTIN<sup>®</sup>  
 BUILD  
 Flavours

# Contents



**IMPORTANT:** This recipe book provides low protein meal suggestions for individuals living with Phenylketonuria. Glytactin BUILD 20/20 Smooth and all recipes contained in this book should only be consumed as directed by your dietitian. The entire recipe must be consumed to count towards your PE requirements.

## Breakfast

|                         |   |
|-------------------------|---|
| Apple & Blackberry Bowl | 4 |
| Banana Muffin           | 5 |
| Island Smoothie         | 6 |

## Soup

|                       |    |
|-----------------------|----|
| Vegetable Soup        | 8  |
| Courgette & Mint Soup | 9  |
| Sweet Red Pepper Soup | 10 |

## Main Meal

|                                     |    |
|-------------------------------------|----|
| Jackfruit Baked Potato              | 12 |
| Spaghetti with Garlic Pesto         | 13 |
| Moussaka                            | 14 |
| Butternut Squash & Turnip Gratin    | 15 |
| Tangy Vegetable Stew with Cous Cous | 16 |
| Courgette Fritters                  | 17 |

## Dessert

|                              |    |
|------------------------------|----|
| Fudgicle                     | 19 |
| Choc-Chip Ice Cream          | 20 |
| Banana Pancakes              | 21 |
| Vanilla Custard with Berries | 22 |



*Breakfast*

# Apple & Blackberry Bowl

## Ingredients

Glytactin BUILD 20/20 Smooth

150g frozen blackberries, plus an additional 5 blackberries

1 large banana, sliced

150ml fresh orange juice

½ green apple, finely grated or sliced



5 MINS



SERVES 1

## Method

Place the 5 extra blackberries in a bowl of cold water to help them defrost quicker. Slice the banana and keep 5 slices to one side. In a blender, add Glytactin BUILD 20/20 Smooth, remaining banana, frozen blackberries and orange juice. Pulse until combined. Pour the smoothie mix into a bowl and decorate with the defrosted blackberries, banana slices and grated green apple.

This recipe also works with frozen raspberries, frozen strawberries, and frozen blueberries.



Nutritional Information

437  
kcal

20mg  
phe

20g  
PE

# Banana Muffin

## Ingredients

Glytactin BUILD 20/20 Smooth

35g cornflour/cornstarch

¼ tsp baking powder

¼ medium banana

15ml vegetable oil

30ml water



25 MINS



SERVES 1

## Method

Preheat the oven to 180°C and place your muffin tin in the oven to warm up. Add the [Glytactin BUILD 20/20 Smooth](#), cornflour and baking powder to a bowl and stir to combine. In a separate bowl, mash the banana and add the oil and water and stir to thoroughly mix. Slowly add the wet ingredients to the dry ingredients, stirring continuously to combine. Take the muffin tray out of the oven, place two muffin cases in two of the indents and pour the batter equally between the two cases. Bake for approximately 12-15 minutes or until a skewer comes out clean.



*Nutritional Information*

393  
kcal

20mg  
phe

20g  
PE

# Island Smoothie

## Ingredients

Glytactin BUILD 20/20 Smooth

150g frozen pineapple chunks

80ml ginger ale

40ml fresh orange juice



5 MINS



SERVES 1

## Method

Place pineapple, ginger ale, and orange juice in a blender and pulse until smooth. Add the [Glytactin BUILD 20/20 Smooth](#) and pulse until evenly blended. Serve in a tall glass.

This recipe also works well with frozen mango pieces.



*Nutritional Information*

284  
kcal

20mg  
phe

20g  
PE



*Soup*



# Vegetable Soup

## Ingredients

Glytactin BUILD 20/20 Smooth

1 ½ tbsp olive oil

70g leek, diced

70g courgette, diced

70g green pepper, diced

½ stick of celery, diced

1 clove of garlic, crushed

½ tsp thyme

½ tin chopped tomatoes

2 tsp red wine vinegar

300ml vegetable stock

Salt, pepper

Tabasco



35 MINS



SERVES 1

## Method

In a saucepan, saute the leek, courgette, green pepper and celery in the olive oil for 5 minutes. Add the garlic and thyme and fry for 1 minute. Add the chopped tomatoes, red wine vinegar, and Glytactin BUILD 20/20 Smooth and stir for 2 minutes.

Pour in the vegetable stock and add salt, pepper and tabasco to your own taste. Bring to the boil and then simmer for 10-15 minutes or until the vegetables are cooked through.



Nutritional Information

440  
kcal

20mg  
phe

20g  
PE

# Courgette & Mint Soup

## Ingredients

Glytactin BUILD 20/20 Smooth

1 tsp olive oil

1 small courgette, diced

½ onion, chopped

½ stick of celery

175ml vegetable stock

1 tsp dried mint or 1 tbsp of fresh mint leaves, finely chopped

1 tsp white wine vinegar

Salt and pepper



25 MINS



SERVES 1

## Method

In a small saucepan, add the olive oil and fry the courgette, onions, and celery, on a medium heat for 2-3 minutes.

Add the [Glytactin BUILD 20/20 Smooth](#) and stir until fully combined. Add the vegetable stock, mint and white wine vinegar to the pan and bring to the boil. Reduce to a simmer and cook for a further 5-7 minutes or until the vegetables are soft.

Season with salt and pepper if required. Cool and blend. Serve with your favourite low protein bread or low protein croutons (fry cubes of bread in olive oil until crunchy).



## Nutritional Information

170  
kcal

20mg  
phe

20g  
PE

# Sweet Red Pepper Soup

## Ingredients

Glytactin BUILD 20/20 Smooth

1 ½ red peppers, diced

2 tsp olive oil

½ small onion, chopped

1 clove of garlic, crushed

⅓ tin of chopped tomatoes

2 tsp mixed herbs

2 tsp red wine vinegar

150ml veg stock

Salt and pepper



55 MINS



SERVES 1

## Method

Preheat oven to 180°C. Drizzle 1 tsp oil over the red peppers, place on a baking tray and cook for 30-40 minutes. Heat the remaining olive oil in a pan on a high heat, add the onion and fry until the onions are translucent. Add the garlic and fry for 1 minute. Add the peppers, tomatoes, mixed herbs, red wine vinegar and Glytactin BUILD 20/20 Smooth and stir until combined. Cook for a further 2 minutes and season with salt and pepper if required. Add the stock and bring to the boil, then reduce to a simmer and cook for 10 minutes. Cool and blend.



## Nutritional Information

290  
kcal

20mg  
phe

20g  
PE



*Main Meal*

# Jackfruit Baked Potato

## Ingredients

Glytactin BUILD 20/20 Smooth

1 small or ½ large sweet potato

½ tin jackfruit

1 tsp olive oil

1 tsp paprika

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

1 tsp red wine vinegar

50g Violife Original Block Cheese, grated

1 tbsp soured cream (Old El Paso)

Salt & pepper

Fresh coriander



35-55 MINS



SERVES 1

## Method

Bake the potato for 40 minutes at 200°C. Drain the jackfruit and break it up into shredded pieces with your fingers. Heat oil in pan and add the jackfruit. Cook for 3-4 minutes, stirring continuously. Add the paprika and fry for a further minute. Add the tomato pasta sauce, Glytactin BUILD 20/20 Smooth and red wine vinegar and cook for 2 minutes. Season.

Spoon jackfruit mixture on top of cooked potato. Sprinkle over the grated cheese and drizzle the soured cream. Garnish with fresh coriander.



Nutritional Information

620  
kcal

20mg  
phe

20g  
PE

# Spaghetti with Garlic Pesto

## Ingredients

Glytactin BUILD 20/20 Smooth

3 tbsp extra virgin olive oil

1 large clove of garlic, crushed

3-4 sprigs of fresh basil, roughly chopped

30g Violife Prosociano, finely grated

1 tsp lemon juice

Salt and pepper

75g low protein spaghetti



20 MINS



SERVES 1

## Method

In a blender, add the olive oil, Glytactin BUILD 20/20 Smooth, garlic, basil, prosociano, and lemon juice and pulse until smooth. Season with salt and pepper and stir. Put aside until pasta is ready. Boil the low protein spaghetti according to the instructions on the packet. When cooked, drain and rinse the pasta and return it to the still warm pan. Add the pesto mix and stir until combined. Serve with low protein garlic bread.



Nutritional Information

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

830  
kcal

20mg  
phe

20g  
PE

# Moussaka

## Ingredients

Glytactin BUILD 20/20 Smooth

1 small aubergine, sliced into ½ cm slices

2 tbsp vegetable oil

½ green pepper, thinly diced

½ stick celery, thinly diced

½ red onion, diced

1 clove of garlic, crushed

½ tin of chopped tomatoes



1 1/4 HOURS



SERVES 1

1 tbsp tomato puree

2 tsp red wine vinegar

2 tsp cinnamon

2 tsp oregano

Salt and pepper

50g Violife Creamy Spread

50g Violife Prosociano, grated

## Method

Preheat oven to 190°C. Coat aubergine in 1 tbsp of the oil, season with salt and pepper and bake for 30-40 minutes. Turn over halfway through cooking. In the remaining tbsp of oil, saute the peppers, celery, and onions for 5 minutes. Add the garlic and cook for 1 minute.

Add the tomatoes, puree, red wine vinegar, Glytactin BUILD 20/20 Smooth, cinnamon, oregano, salt and pepper (to your taste), and simmer for 10 minutes, stirring every few minutes. Layer the cooked aubergine in the bottom of a small, greased, oven proof dish (approx 15cm diameter) and spoon tomato mixture over the top to fully cover the aubergine.

Stir the Violife Creamy Spread to make it easy to spread and then spoon it on top of the tomato sauce. Sprinkle on the Prosociano and bake for 20 minutes or until the top is golden brown.



Nutritional Information

581 kcal

20mg phe

20g PE

# Butternut Squash & Turnip Gratin

## Ingredients

Glytactin BUILD 20/20 Smooth

1 tbsp vegetable oil

1 clove of garlic, crushed

60g Violife Creamy Spread

60ml water

½ tsp thyme

½ tsp rosemary

¼ tsp nutmeg

salt and pepper

150g butternut squash, thinly sliced

150g turnip or swede, thinly sliced



1 HOUR



SERVES 1

## Method

Preheat the oven 180°C. Heat the oil in a saucepan over a medium heat and add the garlic. Cook for 1 minute.

Add the Violife Creamy Spread and water to the pan and stir until combined. Add the [Glytactin BUILD 20/20 Smooth](#) and stir until smooth and then add the thyme, rosemary and nutmeg. Season with the salt and pepper. Put the butternut squash and turnip into the pan and make sure every slice is covered in sauce.

Cook for 2-3 minutes making sure you stir regularly.

Layer the butternut squash and turnip in a small oven proof dish and pour the liquid over the top.

Bake for 40-45 minutes or until the vegetables are soft.



*Nutritional Information*

365  
kcal

20mg  
phe

20g  
PE



# Tangy Vegetable Stew with Cous Cous

## Ingredients

Glytactin BUILD 20/20 Smooth

1 tbsp olive oil

50g green pepper, diced

50g yellow pepper, diced

50g courgette, diced

½ a small onion, diced

½ a stick of celery, finely diced

1 clove of garlic, crushed

½ tin of tomatoes

2 tbsps balsamic vinegar

120ml vegetable stock

salt and pepper

80g low protein cous cous

½ tsp turmeric



25 MINS



SERVES 1

## Method

Fry the peppers, courgette, onion and celery for 4 minutes in the olive oil. Add the garlic and cook for a further minute.

Add the tomatoes, [Glytactin BUILD 20/20 Smooth](#), balsamic vinegar, 20ml of the stock, and stir until combined.

Season with salt and pepper if required. Reduce the heat and simmer for 6-8 minutes. Add the turmeric to the remaining stock, making sure it is still hot. Put the cous cous into a bowl and pour over the stock/turmeric mix. Stir with a fork and cover with a plate or tin foil and leave for 3-4 minutes or until the cous cous has softened. Fluff the cous cous with a fork and heap onto a plate. Spoon the vegetable stew over the cous cous.



*Nutritional Information*

625  
kcal

20mg  
phe

20g  
PE

# Courgette Fritters

## Ingredients

Glytactin BUILD 20/20 Smooth

400g courgette, grated

½ small onion, finely chopped

30g of cornflour or low protein flour

1 tsp parsley

Salt and pepper

1 tbsp olive oil

1 tbsp mayonnaise

Lime wedge



15 MINS



SERVES 1

## Method

Microwave the courgette and onion for 2-3 minutes until softened. Spoon into a sieve and use the back of a spoon to push the liquid out of the vegetables. Put the vegetables back into the dry bowl and add the [Glytactin BUILD 20/20 Smooth](#), cornflour, parsley, and season with salt and pepper. Stir until combined. Place the olive oil in a frying pan on a medium heat. When the pan is hot, spoon the mixture into the pan making small patties. Fry for 2 minutes or until the bottom has browned, then flip over and fry for another minute or two.

Serve with a lime wedge and mayonnaise.



*Nutritional Information*

530  
kcal

20mg  
phe

20g  
PE



*Dessert*

# Fudgicle

## Ingredients

Glytactin BUILD 20/20 Smooth  
30g Chocolate Angel Delight  
60ml water



5 MINS



SERVES 1

## Method

Place all ingredients into a bowl or large jug and beat with a whisk for 2 minutes. Pour into ice-pop moulds or a paper cup and insert a wooden popsicle stick in the centre of the cup. Freeze for 5 hours or until firm.



*Nutritional Information*

255  
kcal

20mg  
phe

20g  
PE

# Choc-Chip Ice Cream

## Ingredients

Glytactin BUILD 20/20 Smooth

120ml water

2 tbsp vanilla Blancmange (or 2 tbsps of any flavour of Angel Delight)

30g mini low protein chocolate chips



15 MINS



SERVES 1

## Method

In a bowl, whisk the [Glytactin BUILD 20/20 Smooth](#), water and blancmange until the mixture is smooth and creamy. Add the chocolate chips and pour into a miniature ice cream maker and follow the manufacturer's instructions. Alternatively, place the mixture, and chocolate chips into a freezer proof bowl, place in the freezer and stir every 30 minutes until ice cream is formed (around 2 hours).



## Nutritional Information

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

418  
kcal

20mg  
phe

20g  
PE

# Banana Pancakes

## Ingredients

Glytactin BUILD 20/20 Smooth

60ml water

¼ cup of cornflour

½ medium banana

¼ tsp baking powder

1 tsp vegetable oil

1 tbsp maple syrup



15 MINS



SERVES 1

## Method

Place the water, cornflour, Glytactin BUILD 20/20 Smooth, banana, and baking powder in a blender, and blend until fully combined. Heat the oil in a frying pan on a medium heat. Once the pan is hot, spoon the mixture into the pan and fry gently for 1-2 minutes, bubbles should appear when it's ready for flipping. Turn over and cook for a further minute. Serve with a drizzle of maple syrup or fresh fruit.



*Nutritional Information*

515  
kcal

20mg  
phe

20g  
PE

# Vanilla Custard with Berries

## Ingredients

Glytactin BUILD 20/20 Smooth

1 tbsp Bird's custard powder

½ tsp sugar

250ml water

1 tsp vanilla extract

Fresh or frozen mixed berries to garnish



10 MINS



SERVES 1

## Method

In a microwaveable bowl or jug, mix the custard powder, sugar and Glytactin BUILD 20/20 Smooth. Add 1 tbsp of the water and all of the vanilla extract and stir to make a paste. Slowly add the remaining water and stir briskly to remove any lumps. Cover and microwave for 1 minute, stir the custard and then microwave for another 30 seconds. Stir and repeat in 30 second bursts until the custard has thickened to your liking. Pour into a serving dish and top with berries.




Nutritional Information

214  
kcal

20mg  
phe

20g  
PE

A top-down view of a white ceramic bowl filled with a thick, vibrant green soup. Two slices of zucchini are placed on top of the soup, garnished with a sprinkle of black pepper. A metal spoon is partially submerged in the soup on the left side. A slice of dark, crusty bread is tucked into the bottom of the bowl. The bowl sits on a light-colored, textured surface, possibly a tablecloth. Several fresh mint leaves are scattered around the bowl. In the bottom left corner, another bowl of the same soup is partially visible. In the bottom right corner, a white cloth is partially visible.

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