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EASY PKU RECIPES

*with
The Pediatric Dietitian*



Southwestern Tacos

A quick week-night recipe that the whole family can enjoy! The key is to really roast the cauliflower until it's crispy - use an air fryer if you have one!



INGREDIENTS

- 8-10 corn tortillas
- 1 head of cauliflower
- 2 tbsp maple syrup
- 1 tsp cumin
- 1 tsp chilli powder
- 1/2 tsp paprika
- 1/2 tsp oregano
- 1 bell pepper
- 1/2 red onion
- 1 cup yellow corn
- avocado for garnish
- salsa (optional)

DIRECTIONS

1. Preheat the oven or air fryer to 450
2. Roughly chop the head of cauliflower into bite-sized florets. Coat with the maple syrup, cumin, chili powder, paprika, and oregano. Bake for 20 minutes until crispy, flipping halfway through.
3. Dice the bell pepper and red onion
4. Assemble the tacos: crispy cauliflower, peppers, onions, corn, and avocado!



Yogurt Parfait with Homemade Granola

Keep this granola recipe around for breakfast, a quick snack, or dessert!



servings: 4 parfaits

INGREDIENTS

- Coconut yogurt (make sure it has <1g of protein)
- For the granola
 - 1 cup gluten-free oats
 - 1/2 tsp cinnamon
 - 2 tbs brown sugar
 - 2 tbs maple syrup
 - 2 tbs coconut oil
 - 1 tsp vanilla
- Fruit of choice: strawberries, mango, peaches, cherries

DIRECTIONS

1. Preheat your oven to 300°F. Prepare a baking sheet with parchment paper.
2. In a large bowl, mix together the oats, cinnamon, brown sugar, maple syrup, coconut oil, and vanilla.
3. Pour the granola mixture onto your prepared baking sheet. Flatten with the back of the spoon till you have one even layer.
4. Bake for 20 minutes in the oven, flipping the granola halfway through baking. Remove from the oven once golden brown.
5. Let cool completely before breaking into clusters
6. Assemble your parfait: 1 cup coconut yogurt, 1/4 cup granola, and top with fruit!

Tip: To make the fruit even better, sautee it on medium heat with 1 tbs sugar to caramelize!



Triple Berry Crisp

A great dessert for summer BBQ's, 4th of July, or just when you need something sweet.



servings: 7-8 portions

INGREDIENTS

- 6 cups mixed berries, fresh or frozen
- 1 tbsp sugar
- 1/2 tbsp corn starch
- 2 cups oats
- 1/2 cup brown sugar
- 1/2 tsp cinnamon
- 1/2 stick butter, cubed

DIRECTIONS

1. Preheat the oven to 350
2. In a medium-sized serving dish, mix the berries, sugar, and cornstarch
3. In a separate small bowl, combine oats, brown sugar, and cinnamon. If desired, blend half of the oats into a flour to create a finer texture!
4. Crush the butter using your hands into the oat mixture until the butter is completely incorporated. Make sure the butter is cold for this step!
5. Top the berries with the oat & butter mixture
6. Bake for 30-35 minutes



Coconut Curry Soup

An easy week night meal that can be frozen and stored for later!



servings: 7-8 portions

INGREDIENTS

- 1 tbsp coconut oil
- 1/2 onion, chopped
- 1 bell pepper, chopped
- 2 cups mushrooms, chopped
- 2 tbsp red curry paste (make sure it's gluten free)
- 32 oz vegetable stock
- 1 can cream of coconut

DIRECTIONS

- 1.Heat the coconut oil in a large pot over medium heat
- 2.Add the onions, peppers, and mushrooms. Sautee until soft, about 5 minutes
- 3.Spoon in the curry paste, letting it completely dissolve and coat the vegetables. You might need to use about 1/4 cup of water here to break up the curry paste until smooth
- 4.Pour in the vegetable stock.
- 5.Cover pot and let it cook on medium-low heat for 20 minutes
- 6.Reduce to a low heat, add the coconut cream, and enjoy!



Pancakes with Syrup & Berries

This recipe can be used for pancakes, waffles, or crepes. Feel free to switch out the berries with other PKU-friendly fruits like cherries or peaches!



servings: 4-6 Pancakes

INGREDIENTS

- 1 oz (1/4 stick) butter, melted
- 200 mL **LP-Drink Mix** (4 scoops plus 180 mL water)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 cup **Loprofin Baking Mix**
- 2 tsp powdered sugar
- 2 tsp cooking oil
- 1/3 cup mixed berries

DIRECTIONS

1. Combine the melted butter, LP-Drink Mix, vanilla, and cinnamon. Mix until combined.
2. In a separate bowl, mix the Loprofin Baking Mix and powdered sugar. Gradually add in the LP-Drink mixture.
3. Fold berries into batter.
4. Generously grease a skillet or pan
5. With a 1/4 measuring cup, scoop the batter onto the hot skillet to form a circle.
6. Cook on medium heat for 1 minute, until small bubbles form on the surface. Flip and cook the reverse side until golden brown.
7. Repeat with the remaining batter.

